



keep FOODS FRESH longer

FRUIT




Apples - Store on the counter up to a week or in the fridge for longer. Keep away from other produce.

Avocados – Ripen on the counter then store in the fridge.




Bananas – Ripen on the counter away from sunlight and heat.

Berries, Cherries & Grapes – Keep blueberries, blackberries, strawberries and raspberries in dry, covered containers in the fridge. Wash when ready to eat.



Citrus fruit – The crisper drawer or mesh bag in the fridge is best for clementine, grapefruit, lemons, limes and oranges.

Melons - - Cantaloupe and honeydew, cut or not, should be kept in the fridge. Keep watermelon in a dark, dry place away from other produce. Put any cut melon in the fridge.



Stone fruit – Keep nectarines, peaches and plums in a paper bag on the counter until they ripen then move to the fridge for a few more days.

Tomatoes – – Always store at room temperature as the fridge will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove.)



General Storage Tips – Produce can be stored on the counter or in the fridge at 40° F or below.

Refrigerate all produce that is pre-cut or peeled.

VEGETABLES



Broccoli & Cauliflower – Best kept in separate fridge drawers away from other produce.

Celery & Green Beans – Store in the fridge.





Corn– Store in the fridge inside their husks.

Cucumbers & Eggplant – Keep in the fridge on the top shelf.




Leafy green vegetables – Greens like lettuce, collards, chard, kale, and spinach should be stored in the fridge.

Onion family – Store garlic and onions in a cool, dark, and dry space but separate from other foods because of strong odors.

Mushrooms – Keep unwashed in the fridge. Moisture makes them slimy.

Peppers – Keep in the fridge on the top shelf.




Root vegetables – Store carrots, beets, and radishes in the fridge. Store potatoes, sweet potatoes, and winter squashes in a cool, dark, and dry place like a pantry or cellar.



Information in this handout was sourced from The American Heart Association
www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer

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