



PANTRY

COUNTERTOP



REFRIGERATOR



KEEP IT FRESH

PRODUCE STORAGE GUIDE

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The American Heart Association recommends 2 cups of fruit and 2.5 cups of vegetables per day.

GUIDANCE

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

PANTRY

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

SWEET POTATOES, POTATOES, & YAMS

WATERMELON

HARD SQUASH

Winter, Acorn, Spaghetti, Butternut

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS & PLANTAINS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

TOMATOES

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

REFRIGERATOR

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS
Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf; the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE, CALLALOO & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON & BITTER MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/ YELLOW SQUASH

Learn more at heart.org.



Washington Food Coalition

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



American Heart Association.