KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables.

1. Fridge temperature should be at 40° F or below.

2. Don’t wash, cut or peel until you’re ready to eat (except lettuce and greens).

3. Always refrigerate cut or peeled produce.

1. PANTRY

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

- ONIONS, GARLIC & SHALLOTS
- HARD SQUASH (Winter, Acorn, Spaghetti, Butternut)
- SWEET POTATOES, POTATOES, & YAMS
- WATERMELON

The American Heart Association recommends 4 servings of fruit and 5 servings of vegetables per day.

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2. COUNTERTOP

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

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

**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.

**TOMATOES**

3. 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, which is the warmer part of the fridge.

**FRESH HERBS**

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

**GREEN BEANS**

**LETTUCE & 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.

**MELONS**

**MUSHROOMS**

Keep dry and unwashed in store container or paper bag.

**PEAS**

**ZUCCHINI & SUMMER/YELLOW SQUASH**

**KEEP THEM APART:**

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.