

Fruit & Veggie STORAGE GUIDE

Keep your food fresher, longer.



WHERE	WHAT	HOW
REFRIGERATOR		<ul style="list-style-type: none"> • Set your fridge to 40 degrees or below. • Store veggies separately from fruit. • Use plastic bags and containers to prevent drying out. • Wash berries and grapes when ready to eat.
COUNTER AND REFRIGERATOR		<ul style="list-style-type: none"> • Ripen on the counter. • When ripe, store in refrigerator. • Separate ripe from unripe fruit.
COUNTER		<ul style="list-style-type: none"> • Store herbs like basil upright, with cut stems in a cup of water, like flowers. • Separate bananas from the bunch and store.
PANTRY		<ul style="list-style-type: none"> • Store in a cold, dark place like a cupboard or pantry. • Store potatoes separately from onions to prevent sprouting. • Store an apple with potatoes to prevent sprouting.

Want to learn more?

StopFoodWaste.org

Plan Well Store Well Eat Well

Fruit & Veggie STORAGE GUIDE

Keep your food fresher, longer.



WHERE	WHAT	HOW
REFRIGERATOR		<ul style="list-style-type: none"> • Set your fridge to 40 degrees or below. • Store veggies separately from fruit. • Use plastic bags and containers to prevent drying out. • Wash berries and grapes when ready to eat.
COUNTER AND REFRIGERATOR		<ul style="list-style-type: none"> • Ripen on the counter. • When ripe, store in refrigerator. • Separate ripe from unripe fruit.
COUNTER		<ul style="list-style-type: none"> • Store herbs like basil upright, with cut stems in a cup of water, like flowers. • Separate bananas from the bunch and store.
PANTRY		<ul style="list-style-type: none"> • Store in a cold, dark place like a cupboard or pantry. • Store potatoes separately from onions to prevent sprouting. • Store an apple with potatoes to prevent sprouting.

Want to learn more?

StopFoodWaste.org

Plan Well Store Well Eat Well