LCC Establishing Healthy Eating Habits To Last A Lifetime

# MAXIMIZING FRESH PRODUCE

**REDUCE WASTE, SAVE MONEY** 

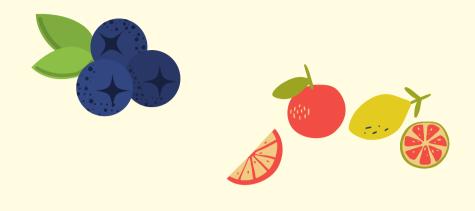


By storing fresh produce in the correct location and at the proper temperature, you can maximize the life (and flavor) of these foods. When fresh produce tastes better- for longer, you have more opportunities to eat it and less chance it will be tossed out due to spoilage.

## **STORE IN REFRIGERATOR (41° F OR LESS)**

#### **FRUIT**:

Apples (>7 days) Apricots Asian Pears Berries Cherries Cut Fruit Figs Grapes



### **VEGETABLES**:

Artichokes Asparagus Green Beans Beets Broccoli Brussels Sprouts Cabbage Carrots Celery Cut Vegetables Green Onions Leafy greens & lettuce Mushrooms Peas Radishes Summer Squash Sweet Corn

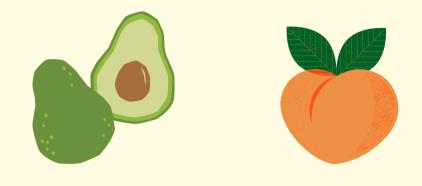
Use within 1-3 days for maximum freshness.

#### TIPS:

- 1. Place in separate containers in the refrigerator.
- 2. Fruit should be washed after storage in the refrigerator and immediately before eating or serving to avoid excess moisture during storage which contributes to spoilage.

## <u>RIPEN AT ROOM TEMPERATURE (50-70° F),</u> <u>THEN STORE IN REFRIGERATOR</u>

Avocadoes Kiwis Nectarines Peaches Pears Plums



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After ripening occurs, store in the refrigerator and use in 1-3 days.

#### TIPS:

- 1. Store these items in a paper bag or bowl (away from sunlight) to prevent loss of moisture.
- 2. To speed up ripening, place an apple in the bowl or paper bag with the fruit.

# ROOM TEMPERATURE (50-70° F) STORAGE ONLY

FRUIT:	VEGETABLES	•	
Apples (<7 days)	Cucumber	Pumpkins	
Bananas	Eggplant	Tomatoes	
Citrus Fruits	Garlic	Winter Squas	
Mangoes	Onions		
Melon (uncut)	Peppers		
Pineapples	Potatoes (all v	Potatoes (all varieties)	

#### TIPS:

- 1. Refrigerating these foods can prevent ripening and lose flavor and texture.
- 2. Keep away from direct sunlight.

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