

MAXIMIZING FRESH PRODUCE

REDUCE WASTE, SAVE MONEY

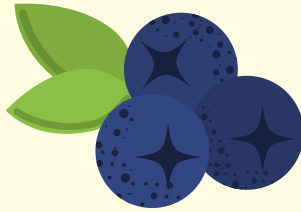


By storing fresh produce in the correct location and at the proper temperature, you can maximize the life (and flavor) of these foods. When fresh produce tastes better- for longer, you have more opportunities to eat it and less chance it will be tossed out due to spoilage.

STORE IN REFRIGERATOR (41° F OR LESS)

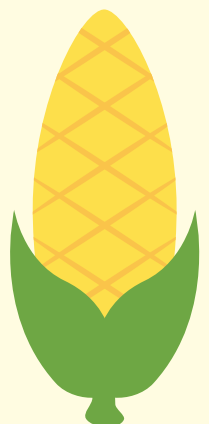
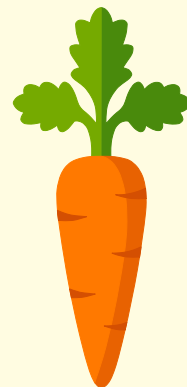
FRUIT:

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



VEGETABLES:

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



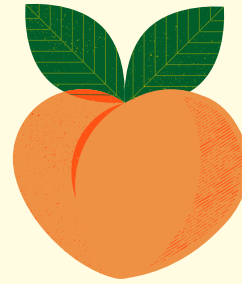
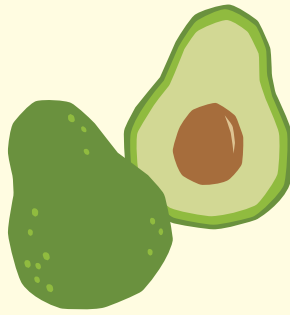
Use within 1-3 days for maximum freshness.

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.

RIPEN AT ROOM TEMPERATURE (50-70° F), THEN STORE IN REFRIGERATOR

Avocados
Kiwis
Nectarines
Peaches
Pears
Plums



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:

Apples (<7 days)
Bananas
Citrus Fruits
Mangoes
Melon (uncut)
Pineapples

VEGETABLES:

Cucumber
Eggplant
Garlic
Onions
Peppers
Potatoes (all varieties)
Pumpkins
Tomatoes
Winter Squash

TIPS:

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