



MAXIMIZING FRESH PRODUCE

REDUCE WASTE, SAVE MONEY

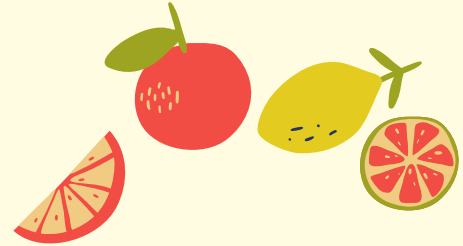
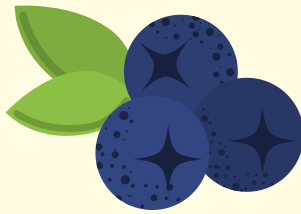


By storing fresh produce in the correct location and at the proper temperature, you can maximize the life (and flavor) of these foods. When fresh produce tastes better- for longer, you have more opportunities to eat it and less chance it will be tossed out due to spoilage.

STORE IN REFRIGERATOR (41° F OR LESS)

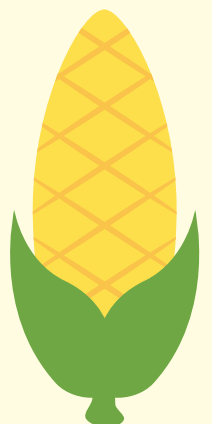
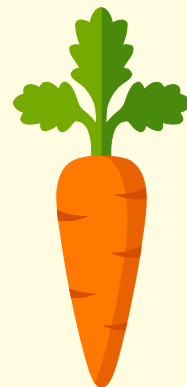
FRUIT:

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



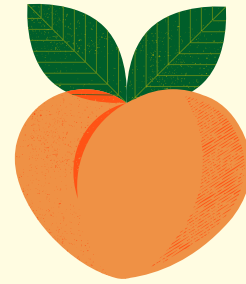
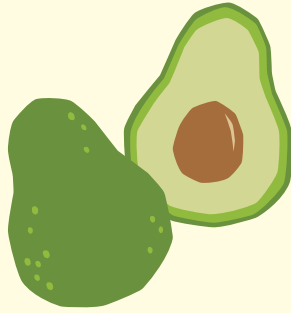
Use within 1-3 days for maximum freshness.

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.

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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: USDA Program Discrimination Complaint Form, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 690-7442; or
- email: program.intake@usda.gov