
























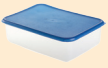











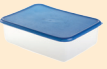










































Fruit & Vegetable Storage Tips

Produce	Where to Store It	How to Store It
	Apples 	Separate from other produce. 
	Avocados Ripen on counter, then store in fridge.  	Once cut, leave pit in, brush with lemon or lime juice and refrigerate. 
	Bananas 	Separate from other produce. 
	Beans 	
	Berries 	Leave container lid slightly cracked. Wash only when ready to eat.  
	Broccoli 	
	Celery 	
	Cherries 	Wash only when ready to eat. 
	Citrus Fruits 	
	Cucumbers 	Once cut, wrap cut end in damp towel and store in a plastic bag or sealed container. 
	Garlic 	
	Grapes 	
	Herbs (leafy) examples: cilantro, parsley Exception: basil on counter 	Remove bands and ties. Store up-right in a glass of water with a plastic bag over the top. 
	Herbs (woody) examples: rosemary, sage 	 
	Leafy Greens 	 
	Melons Ripen on counter, then store in fridge.  	
	Mushrooms 	Store in a paper bag. 
	Onions 	Store loose or in a mesh bag separate from potatoes. 
	Peppers 	
	Potatoes 	Store loose or in a paper bag separate from onions. 
	Root Vegetables 	Store edible greens separately.  
	Stone Fruits Ripen first on counter. 	
	Tomatoes Ripen first on counter. 	Store out of direct sunlight. 
	Zucchini 	

Fruits and vegetables are the most commonly-wasted foods. By using these food storage tricks, you can make your produce last longer and ensure it gets eaten.


Where to Store



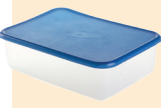


Fridge Cupboard/
Pantry Counter


How to Store




Store loose.




Store in a sealed container or plastic bag.




Store in a sealed container with a dry towel.




Wrap in a damp towel.



Remove bands and ties, then store in a sealed container lined with a damp towel.



Store in paper bag.



Store in a glass of water.



Asparagus ~ Fridge
Remove bands and ties. Store upright in a glass of water with a plastic bag over the top.



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Freezer Storage Tips

Food Item

Got leftovers or food that you can't finish?

Freezing for later use is a great way to save money and prevent waste. Food lasts indefinitely in the freezer (as long as temperature is **0°F or lower**), although quality may deteriorate. Below is a list of common items with general times for freezer storage. General refrigeration times may also aid in deciding when to use or else freeze an item.

Freezer Storage Time (< 0°F)

These are general guidelines, and items may last for shorter or longer periods.

Use your nose!

Fridge Storage Time (35-40°F)

Foods last indefinitely in the freezer! These suggestions are for quality only.

Meat and Seafood

	Bacon — Uncooked	1 month	1 week
	Poultry — Uncooked	9-12 months	1-2 days
	Steaks, Chops and Roasts — Uncooked	4-12 months	3-5 days
	Ground Meat (examples: hamburger) — Uncooked	3-4 months	1-2 days
	Hot Dogs (after opening) — Uncooked	1-2 months	1 week
	Lunch Meat (after opening or deli-sliced)	1-2 months	3-5 days
	Sausage — Uncooked	1-2 months	1-2 days
	Meat and Poultry — Cooked	2-6 months	3-4 days
	Fish — Uncooked	2-10 months	4-6 days
	Fish — Cooked	1-2 months	3-4 days




Dairy and Eggs

	Butter	6-9 months	1-2 months
	Cheese (hard and semi-hard)	6 months	3-4 weeks
	Eggs	12 months (beat first)	3-5 weeks (raw in shell)

Other Proteins



	Beans — Cooked	3-6 months	3-5 days
	Nuts and Seeds (after opening)	3-6 months	4-6 months
	Tofu	5 months	1 week

Produce

	Citrus	3 months	Varies
	Other Fruits	9-12 months	Varies
	Vegetables	8-12 months	Varies

Use in Smoothies!

Prepared Food

	Leftovers	2-3 months	3-4 days
	Soups and Stew	2-3 months	3-4 days

Breads, Grains and Desserts

	Bread, Rolls and Buns (baked)	Toast a slice or thaw on the counter!	2-3 months	Refrigeration not advised
	Tortillas (after opening)		6 months	3 months
	Cooked Rice	6 months	4-6 days	
	Cooked Oatmeal	6 months	3-5 days	
	Cooked Pasta	1-2 months	3-5 days	
	Cookies (baked)	6-8 months	Refrigeration not advised	
	Fruit Pies	6-8 months if baked, 2-4 months if not cut.	1 week if refrigerated after opening.	

Storage Tips



- Divide into meal-sized portions.
- Place in airtight containers or freezer bags (or wrap well in foil or plastic wrap).
- Remove as much air as possible.

3 Ways to Thaw*



1. Defrost in the fridge (24 hours for every 5 lbs. of food). This is the preferred method.
2. Place food in a leak-proof bag and immerse in cold water; check water frequently to make sure it stays cold and change every 30 minutes. After thawing, cook immediately.
3. Thaw in the microwave on "defrost" setting; cook immediately.

*Applies to most items. Source: USDA, "Freezing and Food Safety." foodsafety.gov

What NOT to Freeze



Freezing the following items is not recommended:

- Fruits and vegetables with a high moisture content (examples: lettuce, tomatoes, watermelon), unless you plan to cook or use in a smoothie
- Oil-based condiments, like mayonnaise and salad dressing
- Soft cheeses and custards
- Eggs in shells
- Canned food (okay to freeze if removed from can).



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For more tips visit
seattle.gov/util/reducereuse

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Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

FRUIT		VEGETABLES				
Apples (more than 7 days)	Berries	Artichokes	Belgian Endive	Cauliflower	Leafy Vegetables	Radishes
Apricots	Cherries	Asparagus	Broccoli	Celery	Leeks	Spinach
Asian pears	Cut Fruit	Green Beans	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts
	Figs	Beets	Cabbage	Green Onions	Mushrooms	Summer Squashes
	Grapes		Carrots	Herbs (not basil)	Peas	Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados Kiwi Nectarines Peaches Pears Plums Plumcots

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

FRUIT			VEGETABLES			
Apples (fewer than 7 days)	Citrus fruits	Persimmons	Garlic*	Peppers [†]	Tomatoes	
Bananas	Mangoes	Pineapple	Ginger	Potatoes*	Winter Squashes	
	Melons	Plantain	Jicama	Pumpkins		
	Papayas	Pomegranates	Eggplant [†]	Sweet Potatoes*		

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.
 - *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
 - [†]Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to FruitsAndVeggiesMoreMatters.org

Source: UC Davis Postharvest Technology