



# A nutrition Fact Sheet



## How Should I Store Fruits and Vegetables?

### How to Store Produce

Store perishable fruits and vegetables (like berries, lettuce, and mushrooms) in a clean refrigerator at a temperature of 40°F or below. Refrigerate all produce that is purchased pre-cut or peeled. Produce should generally be stored unwashed and untrimmed. All but 1-2 inches of root vegetable stems can be removed. Keep fruits and vegetables in separate drawers. Many fruits emit ethylene, which can make the vegetables ripen faster. Use the oldest produce first. In other words, follow the 'First In, First Out' rule. This applies to fresh, frozen, canned, and dried fruits and vegetables.

#### Fresh Fruit and Vegetables

- See reverse for which produce should be stored in the refrigerator and which can be left at room temperature for a few days, then refrigerated.
- Refrigerator temperature should be 34-40°F.
- The best room temperature range is 50-70°F.
- Use within a few days after the fruit or vegetable is ripe.

#### Frozen Fruit and Vegetables

- Store at 0°F or less.
- Use before the 'use by' date on the package for best quality.
- As a rule, use within 6 months.

#### Canned and Dried Fruit and Vegetables

- Store at room temperature (50-70°F) in a cool, dry, dark place.
- Use before the 'use by' date for best quality.
- Most canned goods have a shelf life of about 2 years.
- Most dried fruit and vegetables will last 4 to 12 months.

### How to Clean Produce

Wash produce right before preparing it for eating. Never use detergent, soap, or commercial produce cleaners to wash produce. Instead, rinse under running water immediately before use. Rinse fruit and vegetables with skins and rinds that are not eaten (like melons and oranges), since dirt and bacteria can be transferred from the knife onto the fruit or vegetable when it is cut.

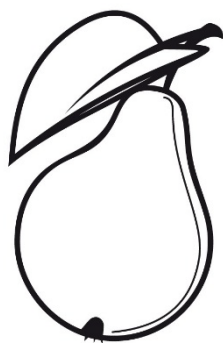
### More Tips for the Best Produce

- Prepare only the amount of produce you will eat at one meal.
- Don't store mushrooms in a paper bag. Store loose mushrooms in a partially open plastic bag. When possible, store mushrooms in their original container. Cover with plastic wrap once the package has been opened.
- For berries, cherries, peaches, pears, etc., discard any moldy fruit. The mold will spread quickly to the rest of the fruit stored in the same container or bag.
- Wrap uncut cantaloupe and honeydew to prevent the smell of these melons from spreading to other foods.
- Transfer opened canned fruits and vegetables to a glass or plastic container to avoid a metallic taste or leaching from the can. Cover and refrigerate.

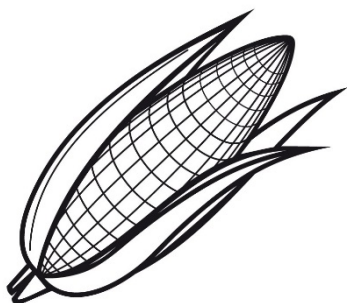
# Storage Recommendations for Fresh Fruits and Vegetables



Citrus fruit	<p style="text-align: center;"><b>Store at room temperature</b></p> <p>Many fruits and vegetables should be stored at room temperatures until they are cut. 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. Even red tomatoes kept in the refrigerator lose their flavor. Keep fruits and vegetables away from direct sunlight.</p>
Winter squash	
Tomatoes	
Onions	
Garlic	
Potatoes	



Pears	<p style="text-align: center;"><b>Ripen on the counter first, then refrigerate</b></p> <p>To prevent moisture loss, store fruits and vegetables separately in a paper bag, partially open plastic bag, or 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. After ripening, store in the refrigerator and use within 1-3 days.</p>
Peaches	
Plums	
Melons	
Nectarines	
Apples	



Berries · Cherries	<p style="text-align: center;"><b>Store in the refrigerator</b></p> <p>Store all cut fruits and vegetables in the refrigerator. Place fruits and vegetables in separate, partially open plastic bags. Use within 1-3 days for maximum flavor and freshness. Store fruit and vegetables in separate drawers.</p>
Leafy greens · Broccoli	
Bell peppers · Asparagus	
Corn (on cob) · Celery	
Zucchini · Cucumber	
Mushrooms · Radishes	

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