

# SMART STRATEGY:

Know which fruits and vegetables stay fresh longer inside or outside the fridge.

By storing them for maximum freshness, they will taste better and last longer.

DEVELOPED IN  
COLLABORATION  
WITH THE US EPA



**TOO GOOD  
TO WASTE**



# FRUIT AND VEGETABLE STORAGE GUIDE

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## INSIDE THE FRIDGE

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

## OUTSIDE THE FRIDGE

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes / onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature—once cut, store squashes in fridge

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## MORE STORAGE TIPS

- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- Consider storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.

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FOR MORE TIPS VISIT: <http://bit.ly/15fXwQd>  
LEARN HOW TO STORE WITHOUT PLASTIC: <http://bit.ly/1c33nw5>