

# SMART STORAGE:

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.



# 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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