





Fruit & Veggie Storage Guide

Knowing how to properly store your fruit and vegetables can keep them fresher, longer, minimize trips to the grocery store, and help save money. Use this guide to identify what should be stored where.

| WHERE | WHAT | HOW |
|--------------------------|---|---|
| REFRIGERATOR |  | <ul style="list-style-type: none"> • Set your fridge to 40 degrees or below. • Store veggies separately from fruit. • Use plastic bags and containers to prevent drying out. • Wash berries and grapes when ready to eat. |
| COUNTER AND REFRIGERATOR |  | <ul style="list-style-type: none"> • Ripen on the counter. • When ripe, store in refrigerator. • Separate ripe from unripe fruit. |
| COUNTER |  | <ul style="list-style-type: none"> • Store herbs like basil upright, with cut stems in a cup of water, like flowers. • Separate bananas from the bunch and store. |
| PANTRY |  | <ul style="list-style-type: none"> • Store in a cold, dark place like a cupboard or pantry. • Store potatoes separately from onions to prevent sprouting. • Store an apple with potatoes to prevent sprouting. |