

Fruit and veggie storage guide



Save money by wasting less food. Storing fresh produce correctly is one of the easiest and best ways to keep it fresher, longer.

Where



What



How

- Set your fridge to 40 degrees or below.
- Store veggies separately from fruit.
- Don't wash berries until you are ready to eat them.
- Put a damp paper towel or cloth in container with salad greens.

Counter then refrigerator





- Ripen these items on the counter, away from sunlight, heat, and moisture.
- Store in refrigerator loose or in a paper or cloth bag once ripe.
- Keep ripe and unripe fruit separate.

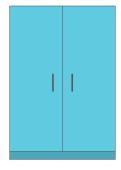
Counter





- Store basil in a cup of water, like flowers.
- Separate bananas from other produce since they promote ripening.
- Move overripe tomatoes to the fridge.

Pantry





- Store these items in a cool, dark place like a cupboard or pantry.
- Keep potatoes separate from onions to prevent sprouting.
- Store an apple with potatoes to prevent sprouting.

Refrigerator insider:

help your refrigerator save food



Top shelf

This area has the most consistent temperature in the fridge. Store cheese, butter, and cooked meats here

Freezer

Prepare and freeze items for use throughout the month.
Freeze foods you won't be able to eat in time, such as bread, sliced fruit, or meat.

Door

The warmest space in the fridge. Good for condiments, but **not** good for perishables (like milk and eggs)

Bottom shelf

The coldest part of the fridge. Store eggs, milk, and raw meat here.

Crisper drawers

Can help control humidity levels for better storage (e.g., high humidity for lettuce, low humidity for fruits and veggies).



Keep fridge temp at 40 degrees or below. Bacteria do not like the cold.

