

# How can we keep produce fresh longer?

## PROPER PRODUCE STORAGE

Fruits and vegetables are **often stored improperly**. This **improper storage** causes them to go **bad quickly** and ultimately **get thrown away**.

Americans toss about **19% of vegetables** and **14% of fruits** they buy.



**19%**



**14%**



Ensure you are storing your food **correctly and safely** to **reduce food waste**.

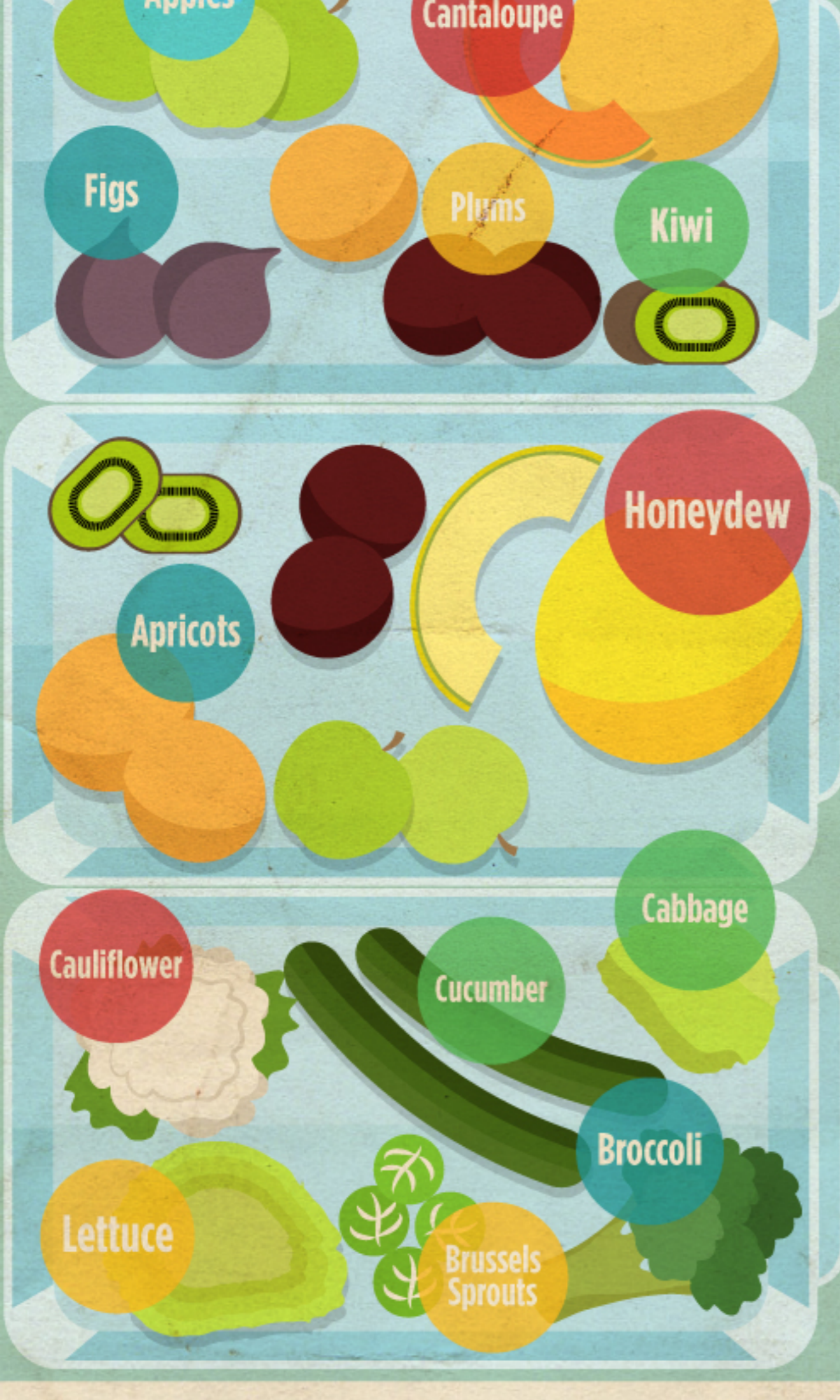


## WHERE TO STORE?

Some fruits and vegetables should be stored in the **refrigerator** while others are **cold-sensitive** and should be stored at **room temperature**. Make sure you are storing your produce in the **proper place**.

### REFRIGERATE

### DON'T REFRIGERATE



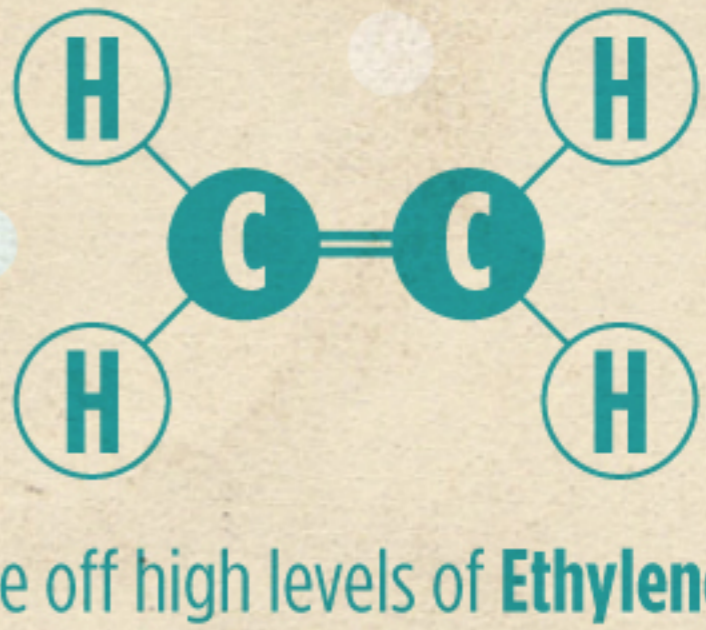
Never refrigerate potatoes, onions, winter squash or garlic. Keep them in a **cool, dark, dry cabinet**, and they can last up to a month or more.



If your produce **rots** after just a **few days**, you might be storing **incompatible fruits and veggies together**.



**Keep the two separate**



Those that give off high levels of **Ethylene gas** (a ripening agent) will speed the decay of ethylene-sensitive foods.

### GAS RELEASERS

### GAS SENSITIVE

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon



Use trapped ethylene to your advantage: To speed-ripen a peach, put it in a closed paper bag with a ripe banana.

## KEEP IT SAFE FROM PURCHASE TO PLATE

**1** DON'T PURCHASE PRODUCE WITH **MOLD** OR **BRUISES** OR **CUTS**

**2** **WASH** ALL PRODUCE BEFORE EATING

**3** **SEPARATE** ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

**4** Set fridge to **40°F** or lower

Source: [homefoodsafety.org/refrigerate/reduce-produce-waste](http://homefoodsafety.org/refrigerate/reduce-produce-waste)



For a complete list of the shelf life of foods, download our free **Is My Food Safe?** app.

