

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.

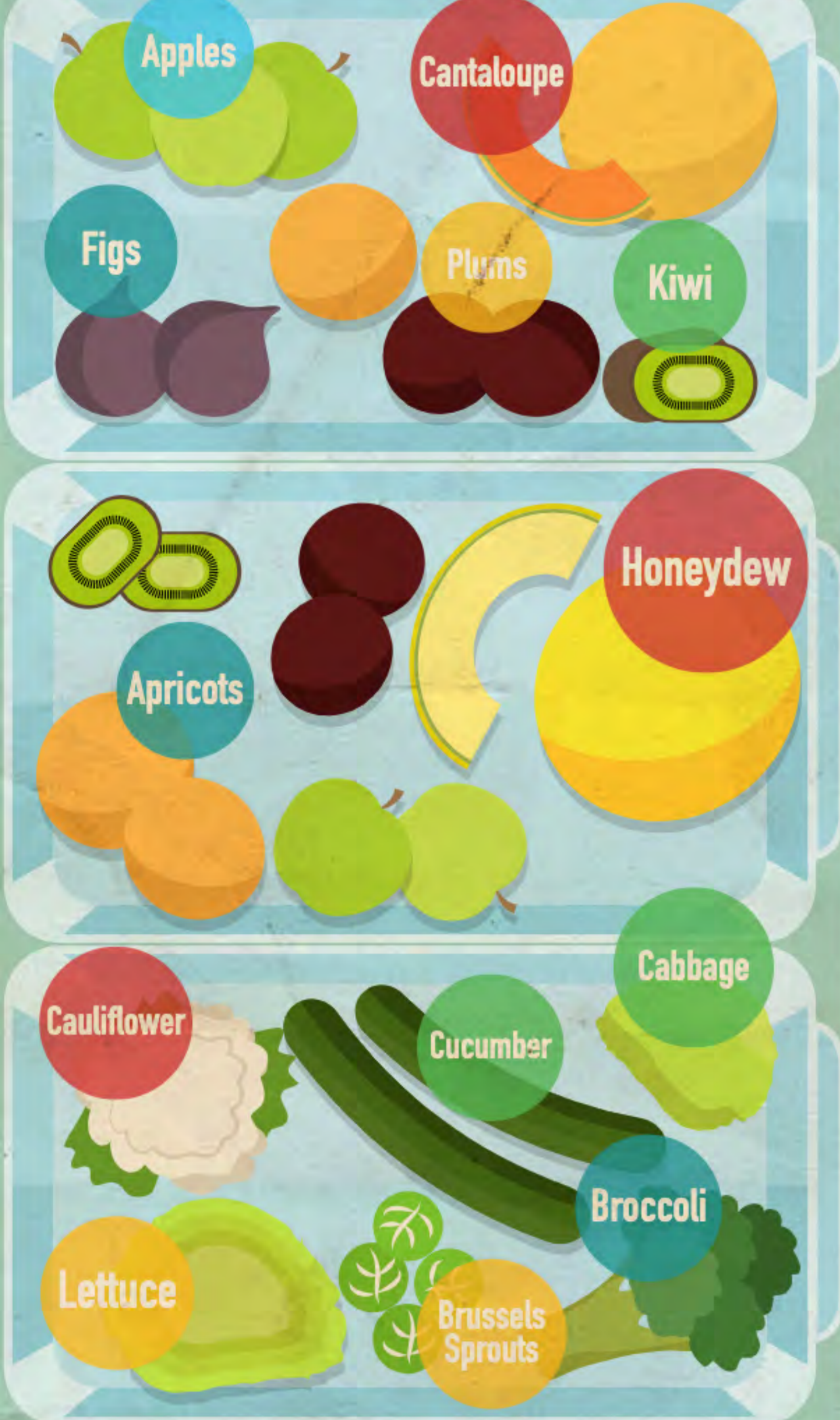


WHERE TO STORE?

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.

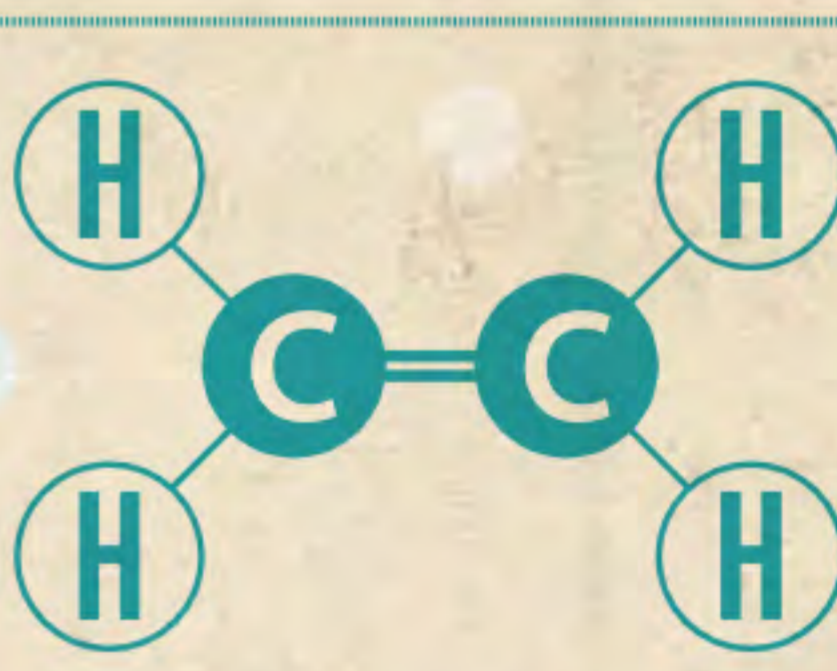
But separate them so their flavors and smells don't migrate.

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

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



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

GAS SENSITIVE

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



KEEP IT SAFE

FROM PURCHASE TO PLATE

1

DON'T PURCHASE PRODUCE WITH MOLD OR BRUISES OR CUTS

2



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

www.eatright.org



Academy of Nutrition and Dietetics