





Fruit & Veggie STORAGE GUIDE

Storing your fresh produce correctly is one of the easiest and best ways to reduce wasted food.

WHERE	EXAMPLES	HOW
REFRIGERATOR		Set your fridge to 40 degrees or below. Store veggies separately from fruit. Use sealable plastic bags and containers to prevent drying out. Items that wilt need high humidity while those that rot and mold need low humidity.
COUNTER AND REFRIGERATOR		Ripen these items loosely on the counter, away from sunlight, heat, and moisture. When ripe, store in refrigerator to prolong lifespan. Separate ripe from unripe fruit.
COUNTER		Store basil and other herbs in a cup of water, like flowers. Separate bananas from other produce as they promote ripening.
PANTRY (cool, dark area)		Store these items in a cold, dark place like a cupboard or pantry. Keep potatoes separately from onions to prevent sprouting. Store an apple with potatoes to prevent sprouting.

GENERAL RULES: Do not wash fresh produce until ready to eat. Always refrigerate cut or peeled produce.

Want to learn more? Visit:
StopFoodWaste.org or NapaRecycling.com