



# HOW TO STORE YOUR FRUITS & VEGETABLES TO KEEP THEM FROM SPOILING

## How to Properly Store Fruits & Vegetables

### Refrigerator

Apples (in 7 days) Figs  
Apricots Honeydew  
Cantaloupe

(Unwashed in a Single Layer)  
Blackberries Raspberries  
Blueberries Strawberries

(Unwashed in a Plastic Bag)  
Broccoli Green Onions  
Carrots Lettuce  
Cauliflower Peas  
Corn Radishes

(Store in a Paper Bag)  
Mushrooms Okra

Artichokes Lima Beans  
Asparagus Leafy Vegetables  
Beets Leeks  
Broccoli Sprouts Potatoes  
Cabbage Spinach  
Celery Sprouts  
Cherries Summer Squash  
Grapes Yellow Squash  
Green Beans Zucchini  
Herbs (not basil)

### Countertop

Apples (in 7 days) Tomatoes  
Bananas

Basil Mangoes  
Cucumbers Oranges  
Eggplant Peppers  
Garlic Potatoes  
Ginger Persimmons  
Grapefruit Pineapple  
Lemons Plantains  
Limes Watermelon

### Cool, Dry Place

Acorn Squash Pumpkins  
Butternut Squash Spaghetti Squash  
Onions Sweet Potatoes  
Potatoes Winter Squash  
\*Keep away from each other

### Counter/Fridge

(Ripen on Counter, then Refrigerate)  
Avocado Pears  
Bananas Plums  
Peaches  
Kiwi

High Temperature Producers: Keep away from other fresh produce to avoid cross-contamination

# Food

# Safety

## Four Steps To Food Safety

### CLEAN



Wash hands for 20 seconds with soap and water before, during and after preparing food and before eating.

Wash utensils, cutting boards and counter tops after each use with hot, soapy water.

Rinse fresh fruits and vegetables under running water — but not meat, poultry or eggs.

### SEPARATE



Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.

When grocery shopping, keep raw meat, poultry, seafood and their juices away from other foods.

Keep raw meat, poultry, seafood and eggs separate from all other foods in the fridge.

### COOK



Use a food thermometer.

Keep food hot after cooking (at 140°F or above).

Microwave food thoroughly (to 165°F).

### CHILL



Refrigerate perishable foods within two hours.

Never thaw or marinate foods on the counter.

Know when to throw food out.

Ready to Eat foods on higher shelves

Condiments, not eggs or milk, in door

Raw meat on lower shelves

Fruits & Veggies in drawers

## Right Zones in the Fridge

## Refrigerator Storage Chart

Always store ready-to-eat foods on the top shelf. Arrange other shelves by cooking temperature (highest cooking temperature on the bottom).

Ready-to-Eat Foods (Top Shelf)

Lowest Cooking Temperature

120°F (SFE)  
Any food that will be hot held that is not in other categories

140°F (HFC)  
Whole seafood, beef, pork, veal, lamb, chicken and turkey; meats, eggs that will be served immediately

160°F (HFC)  
Ground, spiced, marinated, or tenderized meats; eggs that will be hot held

165°F (HFC)  
All poultry (chicken, turkey, duck, quail), stuffing made with foods that require temperature control; dishes with previously cooked foods (casseroles)

Highest Cooking Temperature

StateFoodSafety

## HOW LONG DOES EXPIRED FOOD LAST?

When it doesn't look scary or smell foul, food can be safe to eat long after the sell-by and use-by dates. Just use common sense and this guide.



## REFRIGERATOR GUIDELINES

- ✓ Store raw and cooked items separately.
- ✓ Remove wrapping from raw meat and store in suitable clean container.
- ✓ Store raw meat below other food.
- ✓ Store strong smelling food in a suitable airtight container.
- ✓ Do not store food in open tins or cardboard boxes.
- ✓ Do not store hot foods in refrigerator.
- ✓ Arrange food to allow for circulation of air.

