



# TIPS FOR STORING FRUITS AND VEGETABLES

Wash and store fresh fruits and vegetables right away to make your produce last longer and prevent food waste.

## Washing

- Start by washing your hands with soap and warm water for at least 20 seconds.
- Rinse fruits and vegetables under running water as soon as you get them home (no need for soap).
- Be sure to scrub any skins to remove dirt.
- Drain in a strainer or on a paper towel.

## Storing

- Store berries, greens, melons, green beans, grapes, lettuces, broccoli, sprouts, and carrots in the fridge.
- Some fruits can cause other produce to go bad faster.
  - Store apples, bananas, peaches, and pears away from other produce.
- Store tomatoes and oranges at room temperature until they are ripe, then move to the fridge.
- Store potatoes, garlic, and onions in a cool dark place like a pantry or cabinet.
- Store the freshest produce in the back and the oldest in the front so that it gets used first.



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