KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The American Heart Association recommends 2 cups of fruit and 2.5 cups of vegetables per day.

**Generally:**
Fridge temperature should be at 40°F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

**Pantry**
Pack away in a cool, dark place like your pantry or cellar:

- GARLIC, ONIONS & SHALLOTS
- HARD SQUASH
  (Winter, Acorn, Spaghetti, Butternut)
- SWEET POTATOES, POTATOES, & YAMS
- WATERMELON

**Countertop**
Store loose and away from sunlight, heat and moisture:

- BANANAS
- CITRUS FRUIT
  Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.
- STONE FRUIT
  Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they’ll last a few more days.
- TOMATOES

**Refrigerator**
Store in plastic bags with holes in your produce drawer, unless noted:

- APPLES & PEARS
- BEETS & TURNIPS
  Remove greens and keep loose in the crisper drawer.
- BERRIES, CHERRIES & GRAPES
  Keep dry in covered containers or plastic bags.
- BROCCOLI & CAULIFLOWER
- CARROTS & PARSNIPS
  Remove greens.
- CELERY
- CORN
  Store inside their husks.
- CUCUMBERS, EGGPLANT & PEPPERS
  Store on the upper shelf, which is the warmer part of the fridge.
- FRESH HERBS
  Except basil. Keep basil stems moist and wrap loosely in plastic.
- GREEN BEANS
- LETTUCE & LEAFY GREENS
  Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.
- MELON
- MUSHROOMS
  Keep dry and unwashed in store container or paper bag.
- PEAS
- ZUCCHINI & SUMMER/YELLOW SQUASH

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