



# STORE SMARTER

STORE VEGGIES  
IN A CLEAR  
CONTAINER FOR  
EASY VIEWING

## In or out of the fridge?

Use this quick fruit and veggie storage guide during the challenge — and after — to help you make the most of these delicious items!



### Inside the fridge

- Apples
- Berries
- Cherries
- Grapes
- Kiwi
- Lemons and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

#### About Humidity Control Drawers

- **High setting:**  
produce sensitive to moisture loss (cauliflower, eggplant, green beans)  
produce that wilts (leafy greens like arugula, spinach and herbs)  
produce sensitive to ethylene gas (broccoli, cabbage, lettuce)
- **Low setting:**  
produce not sensitive to moisture loss  
produce that emits ethylene gas (apples, ripe avocados, kiwi, melons, peaches, pears, and tomatoes)



### Outside the fridge

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes and onions: store in a cool, dark place
- Basil
- Winter squashes: store at room temperature—once cut, store in fridge

Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.

Consider storage bags and containers designed to help extend the life of your produce.

To prevent mold, wash lettuce and berries just before eating.

“**HAVING OUR WASTE GO DOWN SO MUCH IN THE LAST TWO WEEKS HAS REALLY INSPIRED ME! I CAN DEFINITELY SEE HOW MEAL PLANNING AND PROPER STORAGE IS IMPROVING OUR FOOD WASTING HABITS.**”