



# Food storage guide


 Low-humidity (fruit) drawer: The drawer at the bottom of the fridge where moisture and air are allowed to escape.



























 High-humidity (vegetable) drawer: The drawer at the bottom of the fridge where air is not allowed to escape, which helps lock in moisture.

 Countertop, away from direct sunlight

 Cool, dry, dark place (e.g., pantry)

 Do not store with other produce

 Do not wash until you are ready to use

| Food item         | Where to store  | Container                           | What to avoid  | Shelf life |
|-------------------|---|-------------------------------------|--|------------|
| Apples            |    | Unsealed plastic bag                |    | 2-6 weeks  |
| Bananas           |    | Loose                               |    | 1 week     |
| Berries           |    | Original package                    |    | 2-5 days   |
| Citrus            |    | Loose                               | n/a  | 2-3 weeks  |
| Pears             |  (unripe)<br> (ripe) | Loose                               |    | 5-12 days  |
| Broccoli          |    | Unsealed plastic bag                |    | 3-5 days   |
| Cabbage           |    | Sealed plastic bag                  |    | 3-8 weeks  |
| Carrots           |    | Sealed container or bag             |    | 2 weeks    |
| Salad Greens      |    | Sealed container or bag             |    | 1 week     |
| Mushrooms         |    | Paper bag                           |    | 3-7 days   |
| Peppers           |    | Loose                               |    | 1-2 weeks  |
| Potatoes & Onions |    | Loose or in a container with no lid |  (do not store potatoes and onions together) | 1-2 months |
| Tomatoes          |    | Loose                               |    | 5-7 days   |

| Food item | Where to store              | Shelf life                         |
|-----------|-----------------------------|------------------------------------|
| Butter    | Lower shelves in the fridge | 4 weeks after the "Sell-by" date   |
| Eggs      | Lower shelves in the fridge | 3-5 weeks after the "Sell-by" date |
| Milk      | Lower shelves in the fridge | 7 days after the "Sell-by" date    |

| Food item                    | Freezer storage time (for best quality) | Thaw time in the fridge |
|------------------------------|---|-------------------------|
| Chicken and turkey (pieces)  | 9 months                                | 1-2 days                |
| Fish                         | 2-3 months                              | 1-2 days                |
| Frozen dinners               | 3-4 months                              | 1-2 days                |
| Ground turkey, beef and pork | 3-4 months                              | 1-2 days                |
| Hot dogs                     | 1-2 months                              | 1-2 days                |
| Lunch meat                   | 1-2 months                              | 1-2 days                |

### General Food Storage Tips

- Your fridge should be between 32 and 40 degrees F and the freezer should be 0 degrees F.
- Do not leave perishable foods (e.g., meat, dairy products and cooked leftovers) out at room temperature for more than 2 hours.
- Freeze your food to extend its shelf life. You can freeze meat and most fruits and vegetables.
- Some vegetables, such as cabbage, kale, carrots and broccoli, should be blanched before they are frozen. Blanching is a process in which vegetables are placed into boiling water for several minutes and then are immediately placed into ice water for several minutes.
- Do not store eggs or dairy products in the door of your fridge. The door tends to be the warmest part of the fridge. You should store condiments and nonperishable drinks in the door of the fridge.
- Store ready-to-eat foods, such as pre-prepared foods and leftovers, on the top shelf in the fridge.
- Use refrigerated leftovers within 3-4 days.