

# All you need to know about Bananas

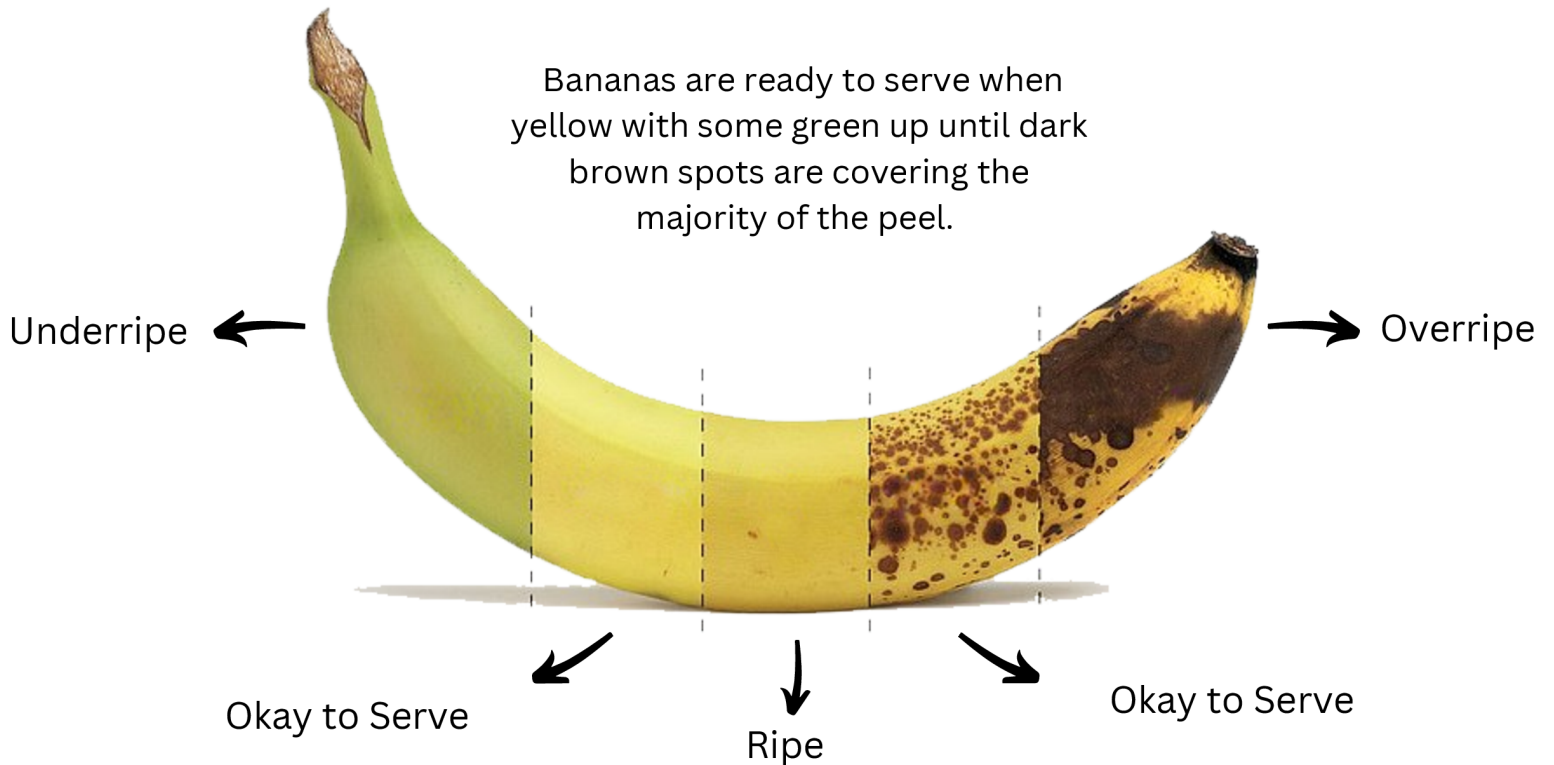


Bananas are a versatile and kid-friendly fruit, perfect for school meals! To make sure you get the most out of them, here are some easy tips for storing and handling bananas.

**Keep bananas at room temperature until they reach your desired ripeness. Avoid refrigerating unripe bananas, as this can disrupt the ripening process.**

**To slow ripening, separate bananas from other fruits like apples or avocados, which produce ethylene gas that can speed up ripening.**

Gentle Touch: Bananas bruise easily, so handle them with care to avoid brown spots.



**If your bananas arrive green,** keep them in warm environment and put an apple or two inside the bag to speed up the ripening process.

**If your bananas arrive yellow,** remove them from the bag to slow down the ripening process.

Pro Tips: Use Overripe Bananas: Don't throw away overripe bananas! Use them for smoothies, banana bread, or freeze them for later use.