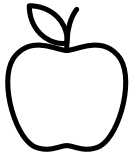


FOOD STORAGE GUIDE

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FRUITS



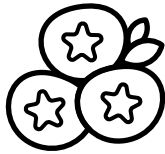
APPLES

Store for up to **2 weeks at 4 degrees C**. Apples absorb odours, avoid storing them with onions and garlic



NECTARINES & PEACHES

Store for up to **5 days at 4 degrees C**. To ripen, keep at room temperature in a paper bag until soft.



BLUEBERRIES

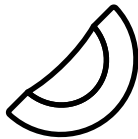
Store for up to **1 weeks at 4 degrees C**. Store in shallow container lined with dry towel. Discard damaged or moldy berries before storing to prevent the spread of mold.



PEARS

Store for up to **5 days at 4 degrees C**. To ripen, keep at room temperature in a paper bag until soft.

CANTALOUPE & HONEYDEW



Store for up to **5 days whole or 3 days cut at 4 degrees C**. To ripen, keep at room temperature. Wash the rind thoroughly before cutting to prevent transmission of bacteria.



PLUMS

Store for up to **5 days at 4 degrees C**. To ripen, keep at room temperature until soft and the skins develop a silvery, powdery coating.



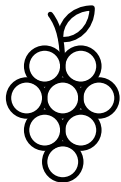
CLEMENTINES

Store for up to **5 days at 4 degrees C**. Avoid storing with high ethylene producers. Take out of fridge 1 day prior to serving.



RASPBERRIES

Store for up to **3 days at 4 degrees C**. Store in a single layer on a paper towel-lined plate. Discard damaged or moldy berries before storing to prevent the spread of mold.



GRAPES

Store for up to **3 days, 1 week is possible, at 4 degrees C**. Store in a bowl or ventilated bag. Avoid storing with high ethylene producers.



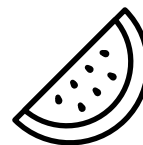
STRAWBERRIES

Store for up to **3 days at 4 degrees C**. Discard damaged or moldy berries before storing to prevent the spread of mold.



KIWI

Store for up to **1 week at 4 degrees C**. Avoid storing with high ethylene producers.



WATERMELON

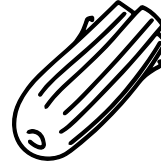
Store for up to **1 week whole or 3 days cut at 4 degrees C**. If you can't refrigerate the melon whole, keep it in the pantry at a cool temperature.

VEGETABLES



BELL OR MINI PEPPERS

Store for up to **5 days at 4 degrees C**. Keep in a refrigerator compartment or bag



CELERY

Store for up to **1 week at 4 degrees C**. Store in a sealed container or bag.



BROCCOLI

Store for up to **1 weeks at 4 degrees C**.



CUCUMBERS

Store for up to **5 days at 4 degrees C**.



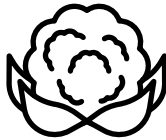
CARROTS

Store for up to **2 weeks at 4 degrees C**. Store in a sealed container soaked in water to keep fresh and crisp.



LETTUCE

Store for up to **5 days** (iceberg can last up to 2 weeks) **at 4 degrees C**. Store in a sealed container lined with a damp towel.



CAULIFLOWER

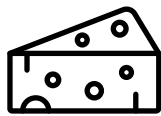
Store for up to **1 week at 4 degrees C**. Store in a sealed container or bag.



SNOW OR SUGAR SNAP PEAS

Store for up to **4 days at 4 degrees C**.

OTHER



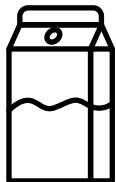
CHEESE

Store at **4 degrees C** and use **before best before date**.



EGGS, PEELED

Store at **4 degrees C** and use **before best before date**. Seal package if not serving full bag.



MILK

Store at **4 degrees C** and use **before best before date**.



CUT FRUIT PAILS

Store at **4 degrees C** and use **before best before date**. Keep lid on pail when not in use.



YOGURT

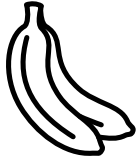
Store at **4 degrees C** and use **before best before date**.



PRE-PACKAGED BAGS

Store up to **1 week at 4 degrees C**.

ROOM TEMP.



BANANAS

Store for up to **5 days at 10 degrees C**, take lid off and bag out of box to slow ripening - let them breathe! Yellow with black spots is the perfect time to serve.
Tip: Ripe bananas can be frozen for baking, the skins will blacken but the flesh will be fine



MANGOES

Store for up to **4 days at 10 degrees C**. To ripen, keep at room temperature in a paper bag until soft.



DOLE FRUIT CUPS

Store at **room temperature** and **use before best before date**.

EITHER



ORANGES

Store for up to **14 days in the refrigerator or 3 days at room temperature**. Avoid storing with high ethylene producers.



TOMATOES

Store for up to **3-5 days**. To **store keep in fridge, to ripen/serve keep at room temperature** in a paper bag.



PINEAPPLE

Store for up to **3 days (sliced) in the refrigerator or 5 days (whole) at room temperature**. Avoid storing with high ethylene producers.



MUFFINS

Store for up to **14 days in the refrigerator or 6 days at room temperature**. Store at 4 degrees C for maximum freshness and longevity

TIPS

ETHYLENE PRODUCERS:

- Apricots
- Avocados
- Bananas
- Cantaloupes
- Honeydew Melons
- Kiwis
- Mangoes
- Nectarines
- Papayas
- Peaches
- Pears
- Plums
- Tomatoes

ETHYLENE SENSITIVE:

- Apples
- Asparagus
- Broccoli
- Carrots
- Cucumbers
- Eggplants
- Green Beans
- Lettuce and other greens
- Potatoes
- Summer Squash
- Watermelons