The American Heart Association RECOMMENDS

4-5 SERVINGS
of fruits and vegetables
each per day.

Don’t wash, cut or peel until you’re ready to eat (except lettuce and greens).

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

ONIONS, GARLIC & 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.

FRESH HERBS
Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS
Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS
MUSHROOMS
Keep dry and unwashed in store container or paper bag.

PEAS
ZUCCHINI & SUMMER/YELLOW SQUASH

Fridge temperature should be at 40° F or below

Always refrigerate cut or peeled produce.

For more tips on healthy eating, cooking and recipes, heart.org/simplecooking

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