

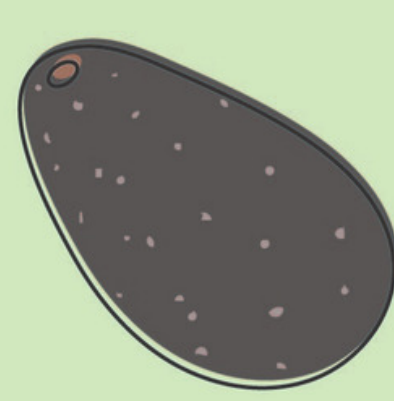
HOW TO PROPERLY STORE YOUR GROCERIES

WHERE TO STORE THE FOOD
HOW TO STORE THE FOOD
HOW LONG THE FOOD WILL LAST

FRUITS



APPLE
refrigerator drawer
unwrapped
3 weeks



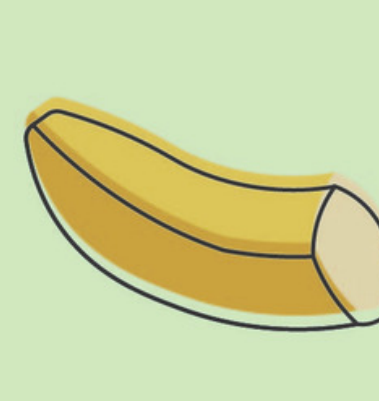
AVOCADO
countertop till ripe
then refrigerator
shelf
unwrapped
4 days once ripe



AVOCADO (HALF)
refrigerator shelf
lemon juice
wrapped in plastic
1 day



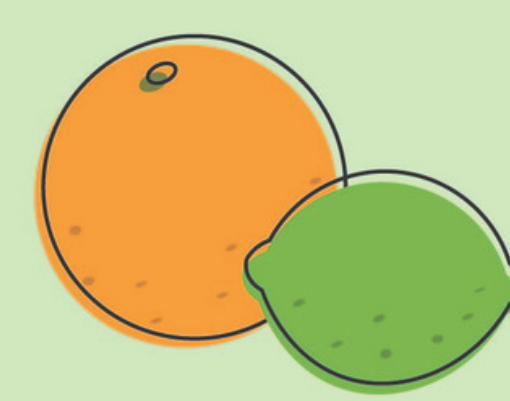
BANANA
countertop
unwrapped
3 days once ripe



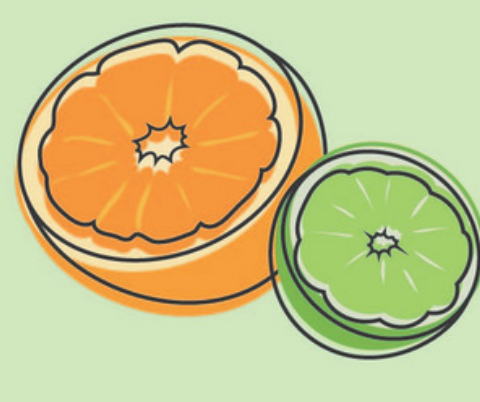
BANANA HALF
refrigerator shelf
wrapped in foil
1-2 days



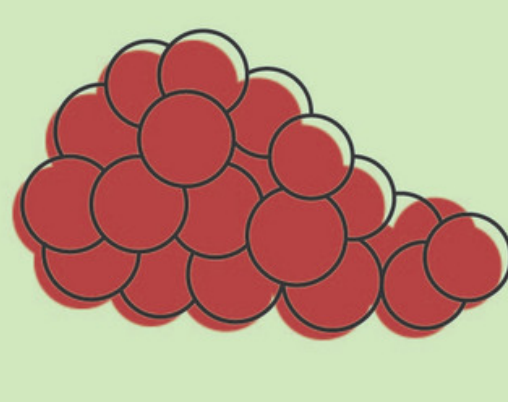
BERRIES
refrigerator drawer
vented container
3-5 days



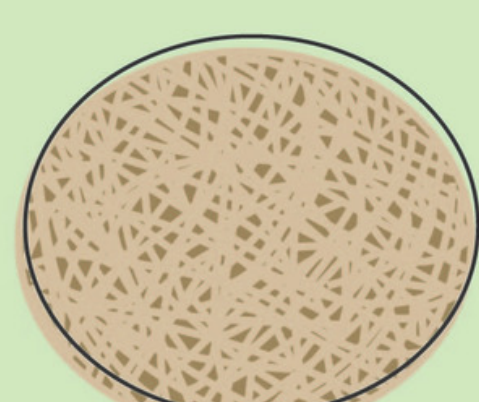
CITRUS
refrigerator drawer
unwrapped
3 weeks



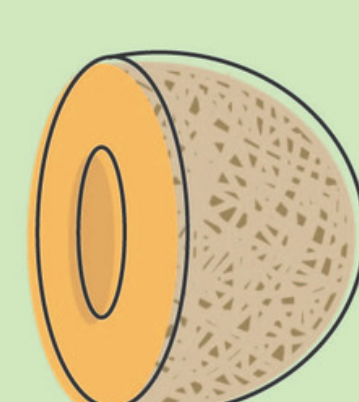
CITRUS (HALF)
refrigerator drawer
unwrapped
3 weeks



GRAPES
refrigerator drawer
vented plastic bag
1-2 weeks



MELON
countertop
unwrapped
5 days once ripe



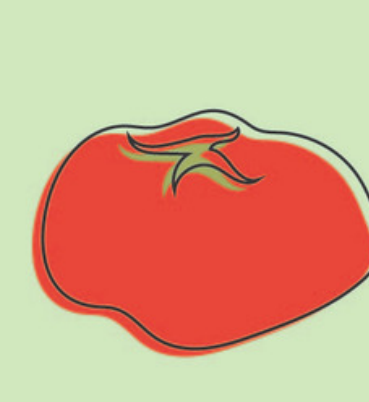
MELON (HALF)
refrigerator shelf
wrapped in plastic
7-10 days



PEACH/PLUM
countertop till ripe
then refrigerator shelf
unwrapped
5 days once ripe

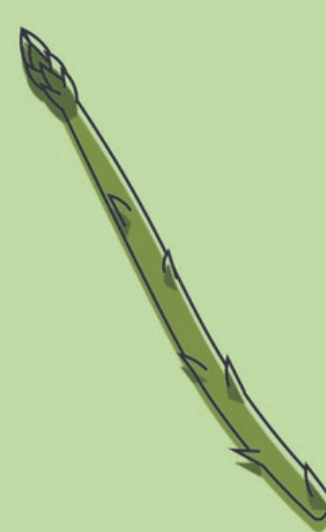


PEAR
countertop
unwrapped
4 days once ripe



TOMATO
countertop
vented container
5 days

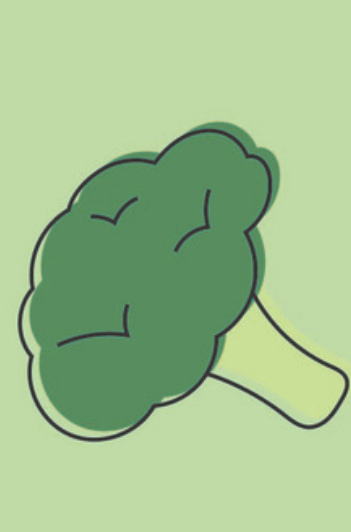
VEGETABLES



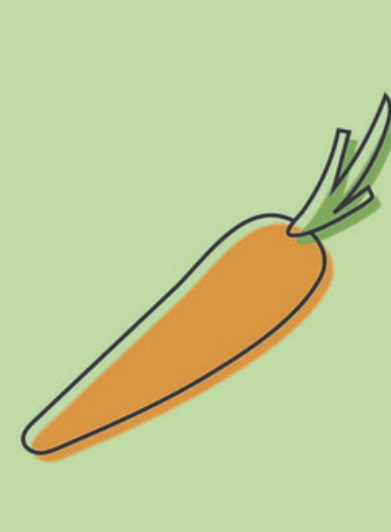
ASPARAGUS
refrigerator shelf
stems in water,
covered in plastic
4 days



BELL PEPPER
refrigerator shelf
plastic bag
1 week



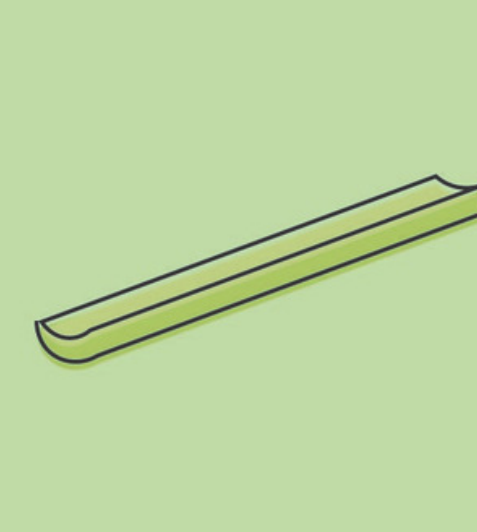
BROCCOLI
refrigerator drawer
wrapped in plastic
5 days



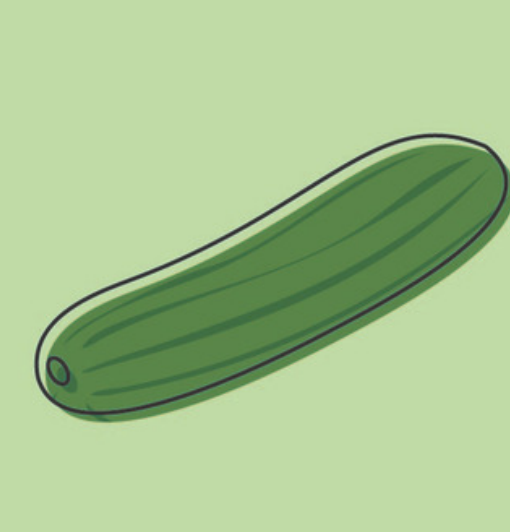
CARROTS
refrigerator drawer
wrapped in plastic
5 days



CAULIFLOWER
refrigerator drawer
wrapped in plastic
5 days



CELERY
refrigerator drawer
wrapped in foil
2 weeks



CUCUMBER
refrigerator drawer
wrapped in plastic
1 week



GARLIC
dark pantry
unwrapped
2 months



GREEN BEANS
refrigerator drawer
plastic bag with
paper towel
1 week



LETTUCE
refrigerator drawer
plastic bag with
paper towel
5 days



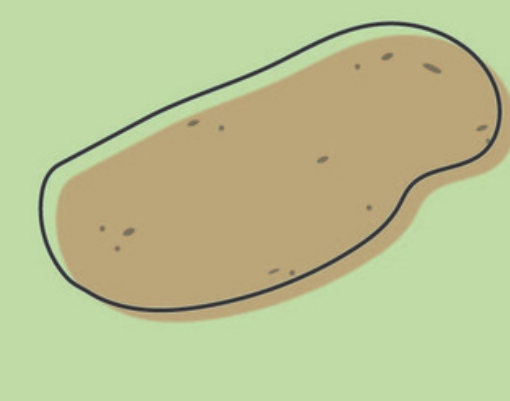
MUSHROOM
refrigerator shelf
paper bag
3 days



ONION
dark pantry
unwrapped
1-2 months



ONION (HALF)
refrigerator drawer
sealed bag
3-5 days



POTATO
dark pantry
paper bag
1-2 months

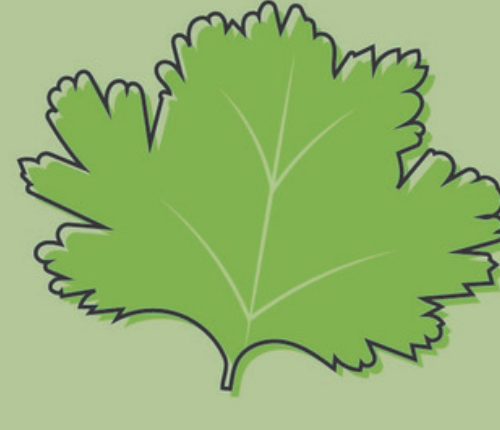
HERBS



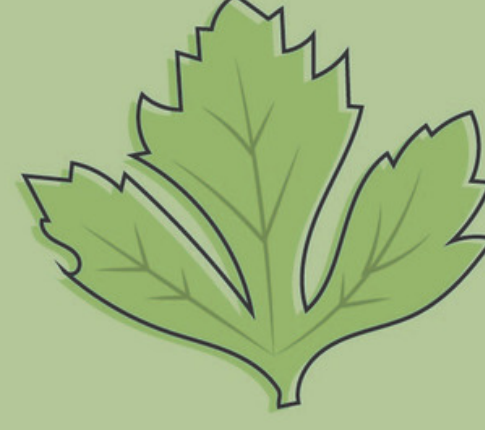
BASIL
countertop
stems in water,
covered in plastic
1 week



CHIVES
dark pantry
unwrapped
1-2 months



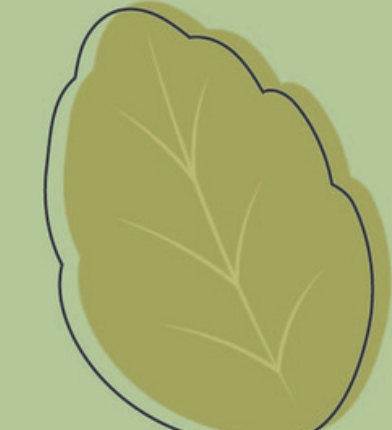
CILANTRO
refrigerator shelf
stems in water,
covered in plastic
1 week



PARSLEY
refrigerator shelf
stems in water,
covered in plastic
1 week



ROSEMARY/THYME
refrigerator shelf
wrapped in plastic
2 weeks



OREGANO
refrigerator shelf
stems in water,
wrapped in plastic
2 weeks

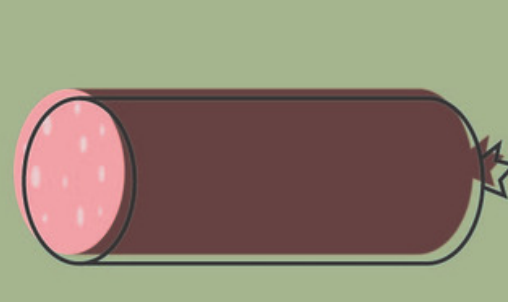


SAGE
refrigerator shelf
vented container
2 weeks

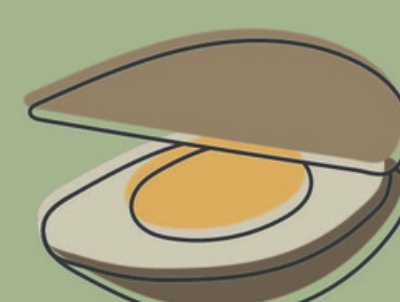
MEAT & SEAFOOD



BACON
refrigerator drawer
sealed bag
1-2 weeks
OR
freezer
sealed bag
1 month



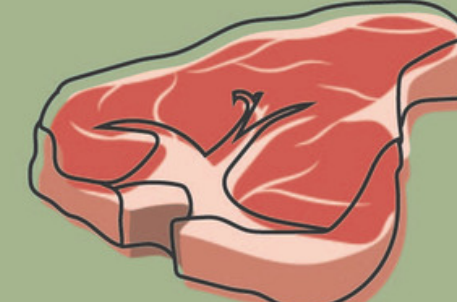
COLD CUTS
refrigerator shelf
sealed bag
1-2 weeks



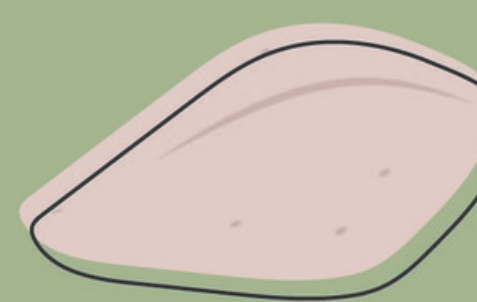
LIVE SHELLFISH
refrigerator shelf
in a tray covered
with damp paper
towels
1 day



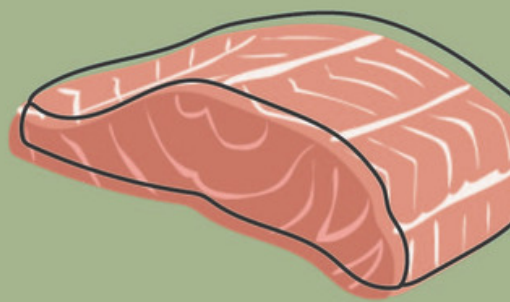
RAW FISH/SHRIMP
refrigerator drawer
packaging it came
in
1 day
OR
freezer
sealed bag
3-6 months



RAW MEAT
refrigerator drawer
packaging it came
in
2 days
OR
freezer
sealed bag
3-6 months



RAW POULTRY
refrigerator drawer
packaging it came
in
2 days
OR
freezer
sealed bag
3-6 months

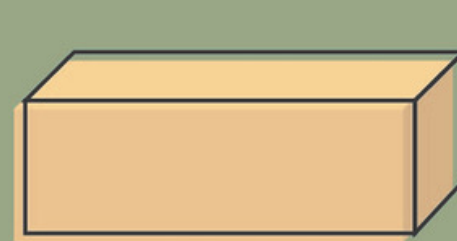


SMOKED SALMON
refrigerator shelf
sealed bag
5 days - 2 weeks
OR
freezer
sealed bag
6 months

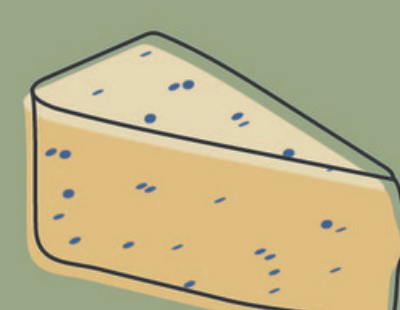
BREAD & DAIRY



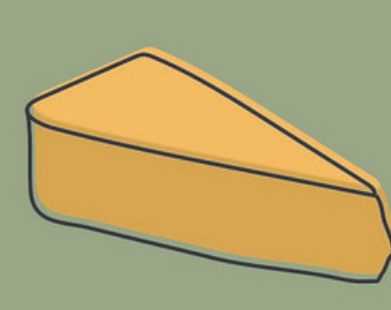
BREAD
counter
sealed bag
3 days
OR
freezer
sealed bag
3 months



BUTTER
refrigerator shelf
packaging it came in
1-2 months



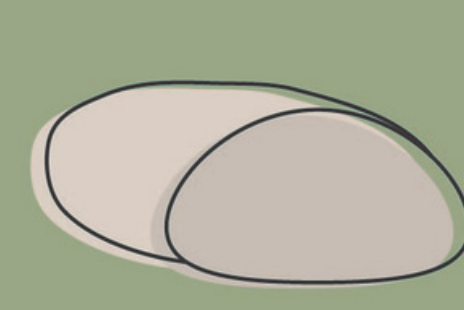
CHEESE (AGED)
refrigerator drawer
parchment then
wrapped in plastic
1 month



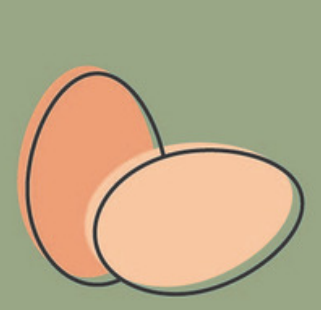
CHEESE (FRESH)
refrigerator drawer
in water, change
every 2 days
1 week



CHEESE (SEMI-HARD)
refrigerator drawer
parchment then
wrapped in plastic
2 weeks



CHEESE (SOFT)
refrigerator drawer
parchment then
wrapped in plastic
1-2 weeks



EGGS
refrigerator shelf
egg carton
2 weeks