

VEGETABLES



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



BELL PEPPER
refrigerator shelf
plastic bag
1 week



CABBAGE
refrigerator drawer
wrapped in plastic
2 weeks



CAULIFLOWER
refrigerator drawer
wrapped in plastic
5 days



CUCUMBER
refrigerator drawer
wrapped in plastic
1 week



GARLIC
dark pantry
unwrapped, whole
2 months



GINGER (CUT)
refrigerator drawer
plastic bag with dry paper towel
1-2 weeks



HEAD OF LETTUCE
refrigerator drawer
plastic bag with dry paper towel
5 days



ONION
dark pantry
unwrapped
1-2 months



PARSNIPS
refrigerator drawer
plastic bag
2 weeks



RADISH
refrigerator shelf
plastic bag with dry paper towel
2 weeks



SUMMER SQUASH
refrigerator shelf
plastic bag
5 days



WINTER SQUASH
dark pantry
unwrapped
1 month



BEETS
refrigerator shelf
plastic bag
2 weeks



BROCCOLI
refrigerator drawer
wrapped in plastic
5 days



CARROTS
refrigerator drawer
plastic bag
3 weeks



CELERY
refrigerator drawer
wrapped in foil
2 weeks



DARK LEAFY GREENS
refrigerator drawer
plastic bag with dry paper towel
1 week



GINGER
refrigerator shelf
unwrapped
1 month



GREEN BEANS
refrigerator drawer
plastic bag with dry paper towel
1 week



MUSHROOMS
refrigerator shelf
paper bag
3 days



ONION (HALVED)
refrigerator drawer
sealed plastic bag
3-5 days



POTATOES
dark pantry
paper bag
1-2 months



SALAD GREENS
refrigerator drawer
large plastic container, layered with dry paper towels
10 days



SWEET POTATOES
dark pantry
paper bag
2 weeks



WINTER SQUASH (HALVED)
refrigerator drawer
wrapped in foil
2-3 weeks

— HOW TO — STORE YOUR GROCERIES

● WHERE TO STORE ● HOW LONG IT WILL KEEP
● HOW TO STORE

FRUITS



APPLE
refrigerator drawer
unwrapped
3 weeks



AVOCADO (HALVED)
refrigerator shelf
lemon juice squeezed on the flesh, wrapped in plastic
1 day



BANANA (HALVED)
refrigerator shelf
unwrapped, in foil
1-2 days



CITRUS
refrigerator shelf
unwrapped
2 weeks



GRAPES
refrigerator drawer
perforated plastic bag
1-2 weeks



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



PEAR
countertop
unwrapped
4 days once ripe



AVOCADO
countertop to ripen, refrigerator shelf when ripe
unwrapped
4 days once ripe



BANANA
countertop
unwrapped
3 days once ripe



BERRIES
refrigerator drawer
uncovered, vented container
3-5 days



CITRUS (HALVED)
refrigerator shelf
wrapped in plastic
2-3 days



MELON
countertop
unwrapped
5 days once ripe



PEACH/PLUM
countertop to ripen, refrigerator shelf when ripe
unwrapped
5 days once ripe



TOMATOES
countertop
unwrapped/ in a vented container
5 days

HERBS



BASIL
countertop
stems in water, lightly covered with plastic
1 week



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



ROSEMARY/ THYME
refrigerator shelf
wrapped in plastic
2 weeks



CHIVES
refrigerator shelf
wrapped in damp paper towel, wrapped in plastic
5 days



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

MEAT, FISH & EGGS



BACON
refrigerator meat drawer
sealed bag with no air
2 weeks unopened, 1 week opened



OR
refrigerator meat drawer
sealed bag with no air
1 month



EGGS
refrigerator shelf
egg carton
2 weeks or until the expiration date on carton



RAW FISH, SCALLOPS, SHRIMP
refrigerator meat drawer
packaging it came in
1 day



OR
refrigerator meat drawer
sealed bag with no air
3-6 months



RAW POULTRY
refrigerator meat drawer
packaging it came in
2 days



OR
refrigerator meat drawer
sealed bag with no air
3-6 months



COLD CUTS (FROM THE DELI COUNTER)
refrigerator shelf
sealed bag with no air
2 weeks unopened, 1 week opened



COLD CUTS (PRE-PACKAGED)
refrigerator shelf
packaging it came in
2 weeks unopened, 5 days opened



LIVE SHELLFISH
refrigerator shelf
shallow tray in a single layer, covered with damp paper towel
1 day



RAW MEAT
refrigerator meat drawer
packaging it came in
2 days



OR
refrigerator meat drawer
sealed bag with no air
3-6 months



SMOKED FISH
refrigerator shelf
sealed bag with no air
2 weeks unopened, 5 days opened



OR
refrigerator shelf
sealed bag with no air
6 months

BREAD & DAIRY



BREAD
freezer
sealed bag with no air
3 months



OR
countertop
sealed bag with no air, cut-side down
3 days



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



CHEESE (SOFT)
refrigerator cheese drawer
wrapped in parchment, then in sealed bag
1-2 weeks



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



CHEESE (HARD/AGED)
refrigerator cheese drawer
wrapped in parchment, then wrapped lightly in plastic
1 month