Americans toss about 19% of vegetables and 14% of fruits they buy. If your produce rots after just a few days, you might be storing incompatible fruits and veggies together. Those that give off high levels of Ethylene gas (a ripening agent) will speed the decay of ethylene-sensitive foods.

WHERE TO STORE?

Keep the two separate:

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

Use trapped ethylene to your advantage: To speed ripening, put it in a closed paper bag with a ripe banana.

Ensure you are storing your food properly and safely to reduce food waste.

WHERE TO STORE?

GAS RELEASERS

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes

GAS SENSITIVE

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

PROPER PRODUCE STORAGE

REFRIGERATE

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes

DON'T REFRIGERATE

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

KEEP IT SAFE

FROM PURCHASE TO PLATE

40°F

Set fridge to

DON'T PURCHASE PRODUCE WITH MOLD OR BRUISES

1. Don't purchase produce with mold or bruises.
2. Separate damaged fruits and vegetables.
3. Store damaged produce in a separate container.
4. Set fridge to 40°F.

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