

FOOD STORAGE CHART

Did you know you can reduce waste by storing food correctly? Follow this guide to keep your fruit and vegetables fresh, and reduce your impact on the environment.

FRUIT STORAGE CHART

FRUIT TYPE		STORAGE ON BENCH TOP	STORAGE IN REFRIGERATOR Between 0°C and 4°C	RECOMMENDED USE BY
Apples		No	In food storage container or bag	Up to 4 weeks
Apricots		Uncovered until ripe	Once ripe - uncovered	1 week
Avocado		Uncovered until ripe	Once ripe - uncovered	2 - 5 days
Bananas*		Uncovered until ripe	Once ripe (may cause discolouration)	Up to 1 week
Blackberries		No	In vented container	2 - 3 days
Blueberries		No	In vented container	10 days
Cherries		No	Covered	Up to 5 days
Coconut - whole		Uncovered until ripe	Uncovered	2 - 4 weeks
Coconut - cut		No	In coconut juice or water	1 week
Cranberries		No	In airtight bag	2 - 4 weeks
Grapefruit		Uncovered until ripe	Once ripe - in perforated bag	Up to 3 weeks
Grapes		No	In food storage container or bag	Up to 1 week
Kiwifruit*		Uncovered until ripe	Once ripe - In food storage container / bag	1 - 2 weeks
Lemons and limes		Up to 1 week	Once ripe - In food storage container / bag	Up to 1 month
Mandarins		Uncovered until ripe	Once ripe - in perforated bag	Up to 1 month
Mangoes		Uncovered until ripe	Once ripe - uncovered	Up to 1 week
Melon - whole		Uncovered until ripe	Once ripe - uncovered	3 - 5 days
Melon - cut		No	In airtight container	Up to 3 days
Nectarines		In paper bag until ripe	Once ripe - in bag	Up to 1 week
Oranges		Uncovered until ripe	Once ripe - in bag	Up to 1 month
Papaya		Uncovered until ripe	Once ripe - uncovered	Up to 1 week
Passionfruit		Uncovered until ripe	Once ripe - uncovered	Up to 1 week
Peaches		Uncovered until ripe	Once ripe - uncovered	Up to 1 week
Pears		Uncovered until ripe	Once ripe - uncovered	2 - 3 days
Persimmon		Uncovered until ripe	Once ripe - uncovered	2 - 3 days
Pineapple - whole		Uncovered until ripe	Once ripe - uncovered	3 - 5 days
Pineapple - cut		No	In airtight wrap or container	3 - 4 days
Plums		In paper bag until ripe	Once ripe - in bag or container	3 - 5 days
Raspberries		No	In vented container	1 - 2 days
Rhubarb		No	In food storage container or bag	5 days
Strawberries		No	In vented container	1 - 2 days
<i>Watermelon - whole</i>		Uncovered until ripe	Once ripe - uncovered	Up to 2 weeks
<i>Watermelon - cut</i>		No	In airtight wrap or container	3 - 4 days

Freezing: Store overripe food (like peaches, bananas or berries) in the freezer to use later in smoothies.

Storage tip: try reusable silicone bags, beeswax wraps and airtight food storage containers, rather than plastic bags.

Some fruits and vegetables naturally emit a gas called ethylene as they ripen. To reduce spoilage, it is best to store **ethylene producing foods** (listed in bold) separately to *ethylene-sensitive foods* (listed in italics). Items marked with an asterisk * are ethylene sensitive when unripe and an ethylene producer when ripe.

VEGETABLE STORAGE CHART

VEGETABLE TYPE		STORE IN COOL, DRY, DARK PLACE	STORAGE IN REFRIGERATOR Between 0°C and 4°C	RECOMMENDED USE BY
Artichokes		No	Sprinkle with water and seal in airtight bag	1 week
Asparagus		No	Stand up in jar of water or wrap end of stalks in damp paper and store in bag	4 days
Beans - green or snap		No	In food storage container or bag	5 days
Beetroot		No	In food storage container or bag	2 weeks
Broccoli		No	In perforated bag in vegetable crisper	5 days
Brussels Sprouts		No	In perforated bag in vegetable crisper	5 days
Cabbage - red and green		No	In food storage container or bag	2 - 3 weeks
Cabbage - Chinese		No	In airtight wrap or container	1 week
Capsicum		No	In food storage container or bag	1 week
Carrots - young		No	In food storage container or bag	2 weeks
Carrots - mature		No	In food storage container or bag	3 - 4 weeks
Cauliflower		No	In food storage container or bag	1 week
Celery		No	In airtight wrap or container	2 weeks
Corn on cob - husks on		No	Uncovered	When ripe
Corn on cob - husks off		No	Wrapped in damp towel	1 - 2 days
Cucumbers		No	In food storage container or bag	1 week
Eggplant		No	In food storage container or bag	5 days
Garlic bulb - whole		Yes	No (may cause sprouting)	3 - 5 months
Garlic - individual cloves		Yes	No (may cause sprouting)	7 - 10 days
Ginger root		No	In food storage container or bag	2 - 3 weeks
Herbs (fresh)		No	Rinse and dry well, store in food storage container lined with paper towel	1 - 2 weeks
Kale		No	In food storage container or bag	5 - 7 days
Leeks		No	Uncovered	1 - 2 weeks
Lettuce - Iceberg		No	In food storage container or bag	1 week
Lettuce - leaves (spinach, rocket, mixed)		No	In airtight storage container lined with paper towel, rinse before use	1 week
Mushrooms		No	Paper bag	1 week
Onions - whole		Mesh bag	No (do not store with potatoes)	2 - 3 months
Onions - cut		No	Airtight container or bag	2 - 3 days
Parsnips		No	In food storage container or bag	3 - 4 weeks
Peas		No	In food storage container or bag	3 - 4 days
Potatoes		Paper bag	No (do not store with onions)	1 - 2 weeks
Pumpkins - whole		Uncovered	No	1 month
Pumpkins - cut		No	Airtight bag or container	2 - 4 days
Radishes		No	Airtight container with tops removed	1 - 2 weeks
Sprouts		No	Airtight storage container	2 - 4 days
Squash - summer		No	In food storage container or bag	1 week
Squash - winter		Uncovered	No	1 week
Sweet potatoes/yams		Uncovered	No	3 - 5 weeks
Tomatoes		Uncovered	Once ripe (will affect flavour)	1 week

Original design courtesy of Moreland City Council

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