

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 o	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
Watermelon - whole	Uncovered until ripe	Once ripe - uncovered	Up to 2 weeks
Watermelon - cut	No No	In airtight wrap or container	3 - 4 days

Freezing: Store overripe fruit (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** STORE IN COOL, STORAGE IN REFRIGERATOR **RECOMMENDED TYPE DRY, DARK PLACE** Between 0°C and 4°C **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 4 days in damp paper and store in bag Beans - green or snap 5 days No In food storage container or bag Beetroot No In food storage container or bag 2 weeks Broccoli In perforated bag in vegetable crisper 5 days No Brussels Sprouts No In perforated bag in vegetable crisper 5 days Cabbage - red and green 2 - 3 weeks No In food storage container or bag 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 3 - 4 weeks No In food storage container or bag Cauliflower In food storage container or bag 1 week No P. In airtight wrap or container 2 weeks Celery No Corn on cob - husks on 4 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 3 - 5 months Yes No (may cause sprouting) Garlic - individual cloves No (may cause sprouting) 7 - 10 days Yes Ginger root 2 - 3 weeks No In food storage container or bag Herbs (fresh) Rinse and dry well, store in food storage 1 - 2 weeks No container lined with paper towel Kale No In food storage container or bag 5 - 7 days No Uncovered 1 - 2 weeks Leeks Lettuce - Iceberg No In food storage container or bag 1 week Lettuce - leaves No In airtight storage container lined with paper 1 week (spinach, rocket, mixed) towel, rinse before use 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 100 Peas No In food storage container or bag 3 - 4 days Paper bag No (do not store with onions) 1 - 2 weeks Potatoes Pumpkins - whole Uncovered 1 month 2 - 4 days Pumpkins - cut No Airtight bag or container Radishes No Airtight container with tops removed 1 - 2 weeks 7 2 - 4 days Sprouts No Airtight storage container Squash - summer In food storage container or bag 1 week No Squash - winter Uncovered No 1 week 3 - 5 weeks Sweet potatoes/yams Uncovered No **Tomatoes** Uncovered Once ripe (will affect flavour) 1 week

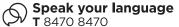
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