

How long do vegetables last?

Use/Save right away - 1-3 days

- Cucumbers
- Green Beans
- Broccoli
- Lettuce
- Mushrooms
- Spinach
- Corn

Use/Save soon - 3-7 days

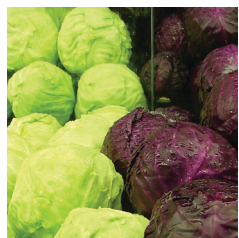
- Greens (Collards, Kale, Swiss Chard, Mustard and Beet)
- Yellow Squash
- Zucchini
- Peppers
- Cauliflower
- Eggplant
- Tomatoes

No rush - 1+ week

- Potatoes
- Pumpkin
- Sweet Potatoes
- Beets
- Cabbage
- Carrots
- Onions
- Acorn Squash
- Butternut Squash
- Spaghetti Squash

Store these vegetables at room temperature:

garlic, onions, potatoes, sweet potatoes, tomatoes and all winter squash (butternut, acorn, spaghetti and pumpkin)



TIP: Remove mushrooms from plastic container. Store them in a paper bag and refrigerate.

How long does fruit last?

Use/Save right away - 1-3 days

- Strawberries
- Raspberries
- Blackberries
- Blueberries
- Avocados
- Bananas

Use/Save soon - 3-7 days

- Cantaloupe
- Honeydew
- Plantains
- Grapes
- Pears
- Watermelon
- Peaches

No rush - 1+ week

- Apples
- Lemons
- Limes
- Cranberries
- Grapefruit
- Oranges



TIP: Berries can freeze easily.

Mix them into your oatmeal or favorite muffin mix.



TIP: Store bananas on counter in kitchen.



Courtesy of
Greater Pittsburgh
community food bank



NC COOPERATIVE EXTENSION

Local Food Program

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