



HELPFUL TIPS FOR AVOIDING FOOD WASTE

Tired of fresh produce going bad before you've gotten a chance to eat it? The following tips can help you use your food to the fullest!



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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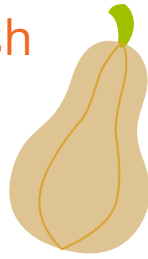
Smart Storage

Pantry

Store in a cool, dry place like a pantry.

Sweet potatoes, potatoes, yams

Hard squash
Onions
Shallots
Garlic
Watermelon



Counter top

Store away from sunlight & moisture.

Citrus fruit

Place in fridge for longer storage.

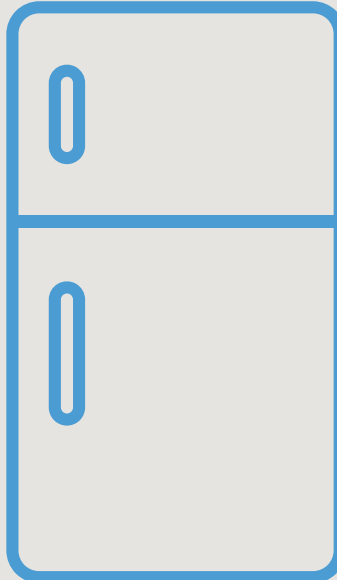
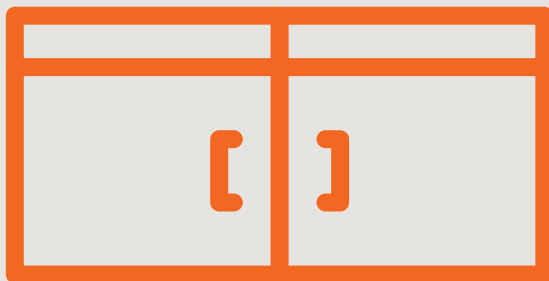


Stone fruit

Once ripe, place in fridge or freezer.

Bananas

Tomatoes



Refrigerator

Store at temperature at or below 40°F.

Berries, Cherries & Grapes

Keep dry and covered. Don't wash until ready to eat to prevent mold.

Apples & Pears

Melons

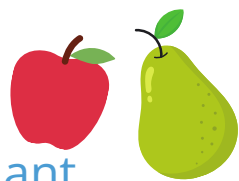
Cucumbers & Eggplant

Keep on top shelf (warmest part of the fridge).

Peas

Mushrooms & Peppers

Keep dry & store in the low humidity drawer of the fridge.



Lettuce & Leafy Greens

Wash & dry. Keep in container or bag with paper towel or dishcloth to prevent wilting.

Fresh Herbs

Store with the stems in water to avoid wilting.

Change water every 3 days

Zucchini & Yellow Squash

Broccoli & Cauliflower

Corn

Store in husks.

Carrots & Celery

Wash, dry, & cut.



More Storage Tips:

1. Store vegetables and fruits separately.
2. Bananas, apples, and pears release ethylene gas as they ripen, making other nearby produce ripe. Store these away from other produce or use it to make unripe produce ready to eat.
3. Check on produce often and change plans as things may ripen faster than you expected.

Additional Tips to Avoid Waste



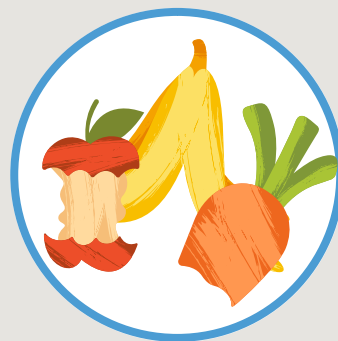
Plan

Plan your meals to save money and avoid overbuying. Try making a list of your meals for the week. Consider when you'll eat at home and away from home. Then, make a list with your plan in mind.



Shop Smart

Bring your list to the store. If you only buy what you expect to use, you will be more likely to keep it fresh and use it all. Try including the quantities on your shopping list noting how many meals you'll make with each item to avoid overbuying.



Save Scraps

You can use food scraps from any sweet or fragrant vegetable to make vegetable stock for soups and cooking. Save these in your freezer until you are ready to use. You can use overly ripened produce for things like smoothies, baking, or jams. You can also freeze, pickle, dehydrate, or can surplus produce instead of tossing it.

Linked Resources to Explore!

[More planning/ shopping tips](#)

[Vegetable stock from scraps](#)

[Ideas for overly ripe produce](#)

