The American Heart Association recommends 4-5 servings of fruits and vegetables each per day.

### Refrigerator

Store in plastic bags with holes, in your produce drawer, unless noted:

- **APPLES & PEARS**: Remove greens and keep loose in the crisper drawer.
- **BEETS & TURNIPS**: Keep dry in covered containers or plastic bags.
- **BERRIES, CHERRIES & GRAPES**: Keep dry in covered containers or plastic bags.
- **BROCCOLI & CAULIFLOWER**: Remove greens.
- **CARROTS & PARSNIPS**: Remove greens.
- **CELERY**: Store inside their husks.
- **CUCUMBERS, EGGPLANT & PEPPERS**: Store on the upper shelf, which is the warmer part of the fridge.
- **FRESH HERBS**: Except basil. Keep stems moist and wrap loosely in plastic.
- **GREEN BEANS**: Keep dry in covered containers or plastic bags.

### Pantry

Pack away in a cool, dark place like your pantry or cellar:

- **ONIONS, GARLIC & SHALLOTS**
- **HARD SQUASH** (Winter, Acorn, Spaghetti, Butternut)
- **SWEET POTATOES, POTATOES, & YAMS**
- **WATERMELON**

### Countertop

Store loose and away from sunlight, heat and moisture:

- **BANANAS**
- **CITRUS FRUIT**: Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.
- **STONE FRUIT**: Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they’ll last a few more days.
- **TOMATOES**

### Keep Them Apart:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

For more tips on healthy eating, cooking and recipes, visit heart.org/simplecooking

©2014 American Heart Association. 2/14DS7752