

FRUIT STORAGE GUIDE

FRUIT	LOCATION	DURATION, REFRIGERATED	DURATION, FROZEN
Apples	Back of fridge	2–3 months	NR
Apricots	Countertop*	1–2 days after ripened	6 months
Avocados	Countertop*	1–2 days after ripened	NR
Bananas	Countertop*	1 week	6 months
Berries	Front of fridge	1–2 days	6 months
Cherries	Back of fridge	3–5 days	6 months
Cranberries	Crisper	4 weeks	8–12 months
Grapefruit	Front of fridge	2 weeks	4–6 months
Grapes	Back of fridge	2 weeks	6 months
Kiwifruit	Countertop*	3–5 days after ripening	NR
Lemons/Limes	Front of fridge	3–4 weeks	Juice and zest: 8–12 months
Mangoes	Front of fridge	5–7 days	6 months
Melons	Countertop*; front of fridge once cut	1–2 days once cut	8–12 months
Nectarines	Countertop*	3–5 days after ripened	6 months
Oranges	Front of fridge	3–4 weeks	4–6 months
Peaches, pears, plums	Countertop*	3–5 days after ripened	6 months
Pineapples	Countertop*; front of fridge once cut	3–5 days after ripened	8–12 months
Tomatoes	Countertop, away from sunlight and ventilated; in crisper once cut*	1–2 days	3–4 months (wedges; use for cooking only)

To maintain the quality and safety of fresh foods, proper handling and storage are important. Make sure everything is clean to prevent bacteria from entering and spoiling your food. Your refrigerator should register between 37°F and 40°F and your freezer at 0°F or below. The back of your fridge is the coldest part; the front and door areas are the warmest. The times given here are for fresh foods from date of purchase; once a food is frozen, the sell-by dates are no longer relevant. Unless otherwise noted, the recommended freezer times are for prepped raw vegetables or fruit stored in airtight containers. NR indicates not recommended.

*Once ripened, store in the refrigerator to slow spoilage. Some flavor loss, drying, and/or discoloration can occur.