

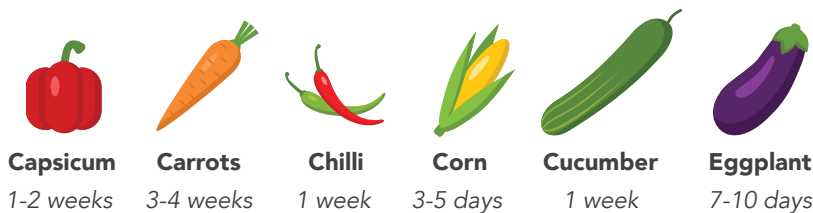
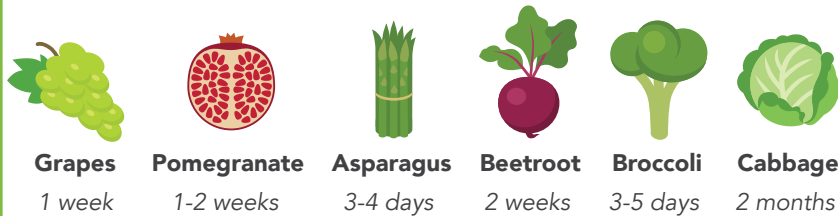
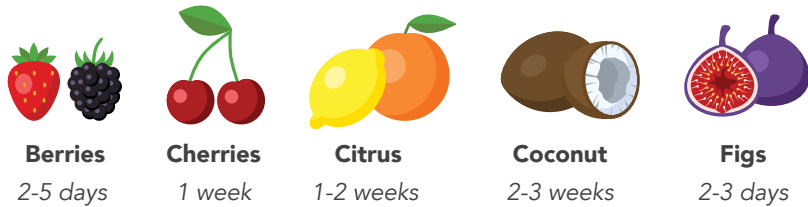
# FRESH PRODUCE STORAGE GUIDE



Once ripe store in the fridge



Keep on benchtop until ripe



FRIDGE

## REMINDER

- ① When keeping fruit in the fridge, it's best to store away from vegetables.
- ② Always refrigerate any pre-cut or peeled produce.



**Apples**  
7-10 days



**Avocados**  
3 days



**Bananas**  
7 days



**Kiwi Fruit**  
7 days



**Mangoes**  
5 days



**Melon**  
1-2 weeks



**Pears**  
3 days



**Plums**  
5 days



**Stone Fruits**  
2 days



**Tomatoes**  
1 week

## BENCHTOP



**Garlic**  
3-5 months



**Onions**  
4-6 weeks



**Potatoes**  
3-5 weeks



**Pumpkin**  
7 days

PANTRY