Produce Shelf Life

USE QUICKLY (3-5 DAYS)

Asparagus Okra
Bananas Papaya
Corn Peaches
Cucumber Pears
Cut Fruits & Vegetables Peas
Greens Plantain
Lettuce Plums

Mango Strawberries
Nectarines Tomatoes

USE SOON (5-7 DAYS)

Apricots Kiwi

Avocado Mushrooms
Beans Peppers
Broccoli Pineapple
Brussels Sprouts Pomegranate
Cauliflower Radishes

Cherries Scallions/Green Onions

Eggplant Summer Squash

Grapes Zucchini

NO RUSH (2+ WEEKS)

Apples Onions
Beets Potatoes

Cabbage Sweet Potatoes

Carrots Turnips
Celery Watermelon
Citrus Fruit Winter Squash

Fruits & Vegetables Safety at Home

1

Wash your hands before and after preparing fruits and vegetables.

2

Get fruits & vegetables home and in proper storage in 2 hours or less.

33

Rinse all fruits and vegetables under running water before eating, cutting, or cooking.

4

Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible. 5

Do not store fruits and vegetables next to or below raw meat, poultry, or seafood. 6

Use separate cutting boards: one for fruits and vegetables, another for raw meats, poultry, or seafood.

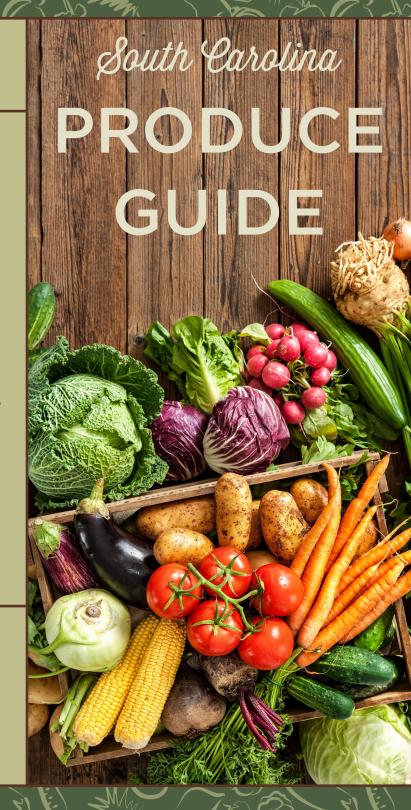
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Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.



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Typs for Eating More Fruits & Vegetables

Remember to get at least 5 servings of fruits and vegetables per day.

Try to fill half your plate with colorful fruits and vegetables at every meal!

33

Frozen and canned fruits and vegetables are also healthy choices. Choose products with the lowest amount of sodium and sugar.

4

Rinsing canned vegetables before eating is a way to remove some of grab for a quick the sodium.

5

Keep whole or pre-cut fruits and vegetables available to and healthy snack!

(a)

Freeze leftover produce to add to smoothies, soups and breads.

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Challenge yourself to try new vegetables and fruits!

8

Try adding fruit to yogurt, cereal, or oatmeal or adding veggies to your eggs for an extra nutritious breakfast.

Buy fresh fruits and veggies when they are in season - they are usually less expensive and taste better!



Where to Store Your Fruits & Vegetables

ROOM TEMPERATURE

Bananas Citrus Fruit Cucumber **Eggplant** Mango **Onions**

Papaya **Peppers Pineapple Plantain**

Pomegranate **Potatoes**

Summer Squash

Sweet Potatoes Tomatoes

Watermelon Winter Squash

Zucchini

KEEP ON COUNTER UNTIL RIPE, THEN REFRIGERATE

Avocados Peaches Kiwi **Pears Nectarines Plums**

REFRIGERATOR

Apples Apricots Asparagus Beans Beets Broccoli Brussel Sprouts Cabbage

Carrots

Cauliflower Celery Cherries Corn

Cut Fruit

Peas Radishes Scallions/

Okra

Mushrooms

Greens Lettuce

Cut Vegetables Green Onions Strawberries Grapes **Turnips**