

FRUITS

STORAGE GUIDE

ITEM	STORAGE	SHELF LIFE	TIP
Avocado - ripe	Fridge shelf. If cut, keep in airtight container to seal.	Up to 1 week	Ripen on bench before refrigerating.
Avocado - unripe	Fruit bowl until ripe, then move to fridge.	Up to 1 week	Place in a bag with a ripe banana to speed up ripening.
Bananas	Fruit bowl, away from any other fruit you do not want to ripen.	Up to 1 week	Freeze overripe bananas whole, to use in baking.
Berries	Fridge crisper drawer shelf. Keep in an airtight container.	2-4 days	Only wash berries right before eating.
Citrus	Fridge crisper drawer.	2-3 weeks	Limes will also last well out of the fridge.
Nuts	In an airtight container in the pantry for 1 month, or in the fridge for 6 months.	1 month	Nuts can be frozen to prevent them going off.
Pineapple	Fruit bowl when whole, or in fridge when chopped.	1 week	Freeze extra pineapple to add to smoothies.
Stone fruit - ripe (e.g. peaches, plums)	Fridge crisper drawer.	2-3 weeks	Leave on the bench to ripen before moving to fridge.
Stone fruit - unripe (e.g. nectarines, peaches)	Fruit bowl to ripen, then move to fridge.	Up to 1 week	

MISCELLANEOUS

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Biscuits	Pantry shelf in an airtight container.	Refer to date label	Sweet biscuits have low moisture so can be frozen.
Bread	Pantry shelf or bread box.	2-5 days	Freeze extra bread slices for toast or diced for croutons.
Cereal, rice, pasta, flour	Pantry shelf in an airtight container.		
Eggs	Fridge shelf. Leave in carton to protect shell.	Up to 3 months	If an egg is off, it will float in water.
Fish	Bottom shelf, sealed well to prevent leakage.	3 days	Wash and gut fish if storing for more than 24 hours.
Meat	Bottom fridge shelf, sealed well to prevent leakage.	3-5 days	


VEGETABLES

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Broccoli	Clean and cover with damp paper towel. Seal in a bag and keep in crisper drawer.	Up to 4 weeks	Use a damp cloth and cloth bag to reduce waste.
Cauliflower	Fridge crisper in a bag or wrapped in its own leaves.	1-2 weeks	The leaves delay the head from turning brown.
Celery	Fridge crisper drawer. Trim off leaves and wrap whole in foil.	4 weeks	Celery leaves can be used in place of parsley.
Courgette	Fridge crisper drawer, in a paper or cloth bag to prevent 'sweating'.	1 week	
Garlic	In a dark, cool and dry place when unpeeled. In the fridge when peeled or chopped.	Up to 1 year	
Hard greens (e.g. asparagus, beans, brussels sprouts)	Fridge crisper drawer in a loosely tied bag.	Up to 1 week	
Herbs (basil)	In a glass with some water out of direct sunlight. Change water every 2-3 days.	3-4 days	All other fresh herbs should be kept in the fridge.
Herbs (long stems e.g. coriander, parsley)	Fridge shelf, in a glass with some water. Change water every 2-3 days.	3-4 days	Basil should be stored like cut flowers on a bench.
Herbs (short stems e.g. sage, thyme)	Fridge crisper drawer. Wrap in damp paper towel in a zip lock bag.	3-4 days	Chop extra herbs and freeze in water or oil in an ice cube tray.
Leafy greens (e.g. spinach, rocket)	Fridge crisper. In a sealed container lined with paper towel.	1-2 weeks	Revive wilted lettuce by soaking in cold water.
Lettuce (iceberg)	Fridge shelf in a lettuce crisper container.	4 weeks	No container? Wrap whole lettuce in paper towel.
Onions	In a cool, dark place, away from potatoes which can sprout near onions.	Up to 1 month	Store chives, spring onions and leeks in your fridge crisper.
Potatoes	In a cool, dark place, away from onions.	Up to 1 month	Sprouted potatoes are fine to eat - just remove any sprouts or green bits.
Pumpkin	In a cool place in the pantry when whole or in the fridge when chopped.	Up to 1 month	Use a beeswax wrap to reduce cling film waste.
Root vegetables (e.g. carrot, parsnip)	Fridge crisper drawer. Trim off leaves or greens and store in sealed container.	4-6 weeks	Beetroot or carrot tops can be used in salad or pesto.
Sweet potatoes	In a cool, dark place, away from onions.	Up to 1 month	
Tomatoes	Fruit bowl.	Up to 2 weeks	Tomatoes lose their flavour in the fridge.

3-4°C Your fridge should be between 3-4°C.

 The crisper drawer and bottom shelf are the coldest part.

 Overripe fruit produces extra ethylene, a gas that will quickly ripen other fruit and vegetables nearby.