

How to Store Fruits and Vegetables

Storing fruits and vegetables properly will help them last longer and taste better. When storing any kind of fruits and vegetables, develop a system so that you use the oldest fruits and vegetables first; this is called first in first out.

Storage Tips

PACKAGED FRUITS AND VEGETABLES

Frozen: Usually last about 6 months in a freezer that is 0°F or colder.

Canned: Store in a pantry or cupboard at room temperature. Use by the date marked on the can.

Dried: Store in a pantry or cupboard, unless the packaging indicates refrigerator storage is necessary. Use by the date marked on the package.

Juice: Storage times vary depending on form, check dates on the packaging. Once opened, juice should be stored in the refrigerator and consumed within a week for best quality.

FRESH FRUITS AND VEGETABLES

REFRIGERATE

- Apples
- Berries
- Cherries
- Grapes
- Asparagus
- Green beans
- Broccoli
- Carrots
- Cauliflower
- Celery
- Leafy greens

Anything that is cut up must be refrigerated to prevent foodborne illness.

KEEP AT ROOM TEMPERATURE

Can be stored on the counter away from direct sunlight

- Bananas
- Citrus
- Melons
- Tomatoes
- Squashes

Best if kept in a dark area such as a pantry

- Onions
- Potatoes
- Sweet potatoes

RIPEN ON COUNTER, THEN REFRIGERATE

- Avocados
- Kiwis
- Nectarines
- Peaches
- Pears
- Plums



CHECK OUT OUR VIDEOS

spendsmart.extension.iastate.edu/videos for more information on basic food preparation, safety, storage, and easy recipes!

Copyright © 2017 Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/legal. SSES 22 | May 2025