



FRESH PRODUCE STORAGE GUIDE

Storing food correctly keeps it fresher for longer.
You'll waste less, save money and help the environment!

ITEM	STORAGE	SHELF LIFE	TIP
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.
Biscuits	Pantry shelf in an airtight container.	Refer to date label	Sweet biscuits have low moisture content 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.		
Garlic	In a dark, cool and dry place when unpeeled. In the fridge when peeled or chopped.	Up to 1 year	
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.
Stone fruit - unripe (e.g. nectarines, peaches)	Fruit bowl to ripen, then move to fridge.	Up to 1 week	
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.
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.
Pineapple	Fruit bowl when whole, or in fridge when chopped.	1 week	Freeze extra pineapple to add to smoothies.
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	
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.



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Avocado (ripe)	Fridge shelf. Wrap tightly in cling film with stone left in. Press wrap against cut surface to seal.	Up to 1 week	Ripen on bench before refrigerating.
Hard greens (e.g asparagus, beans, brussell sprouts)	Fridge crisper drawer in a loosely tied bag.	Up to 1 week	
Berries	Fridge crisper drawer shelf. Leave in their plastic containers.	2-4 days	Only wash berries right before eating.
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.
Citrus	Fridge crisper drawer or shelf in a loosely tied plastic bag.	2-3 weeks	Limes will also last well out of the fridge.
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.
Herbs (long stems e.g. coriander, parsley)	Fridge shelf, in a glass with some water, covered with a plastic bag. 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 and store in a plastic bag.
Meat	Bottom fridge shelf, sealed well to prevent leakage.	3-5 days	
Pumpkin	Fridge crisper drawer, wrapped in cling film.	2-3 weeks	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.
Stone fruit - ripe (e.g. peaches, plums)	Fridge crisper drawer.	2-3 weeks	Leave on the bench to ripen before moving to fridge.
Courgette	Fridge crisper drawer, in a paper or cloth bag to prevent 'sweating'.	1 week	



Tomatoes, bananas and bread don't belong in the fridge.



Your fridge should be between 3-4°C.



The crisper drawer and bottom shelf are the coldest part.



Store eggs in the fridge. The consistent temperature will make them last longer.



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

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