



Helping Mississippians live happier, healthier lives!

# STORAGE TIPS

## FRUITS AND VEGETABLES

- Canned or Dry
  - Choose fruits packed in water or 100 percent juice (not syrup) whose cans are not dented.
  - Choose vegetables that are labeled “low sodium” or “no salt added.”
  - Note: “Seasoned” vegetables add sodium to your meal.
  - Diced tomatoes and canned or dry beans are good to have on hand because they can be used in many recipes.
- Fresh
  - Store garlic, onions, potatoes, and sweet potatoes in a cool, dry, dark area where air can get to them.
  - Store peaches, pears, plums, and melons on the counter until they are ripe. If ripe, store in the refrigerator.
  - Keep apples, bananas, oranges, tomatoes, and squash on the counter.
- Frozen
  - Choose fruits with no added sugars or sauces.
  - Choose vegetables with low to no added sodium or sauces.



## NUTS AND SEEDS

- Look for nuts and seeds that are local or in season to improve quality and save money.
- Stop by local stands or “you-pick” farms.
- When selecting nut butters like peanut butter, check the label for added salt or sugar.

## GRAINS

- Rice, pasta, bread, cereal, and crackers are grains.
- Make at least half of your grains whole grains.
- Popcorn, oats, and oatmeal are whole grains.
- Check the ingredients on the food label. The first ingredient should include the words “whole grain,” “whole wheat,” “brown rice,” “oats,” or “oatmeal.”
- Read food labels to identify high sugar cereals and cereals where sugar is listed as the first ingredient.

## MEATS, POULTRY, AND SEAFOOD

- Choose cans or sealed packets.
- Choose canned or packed in water instead of oil.
- Read the label, as seasoned options may have high sodium.
- Look for sodium levels less than 20 percent daily value on the nutrition facts label.



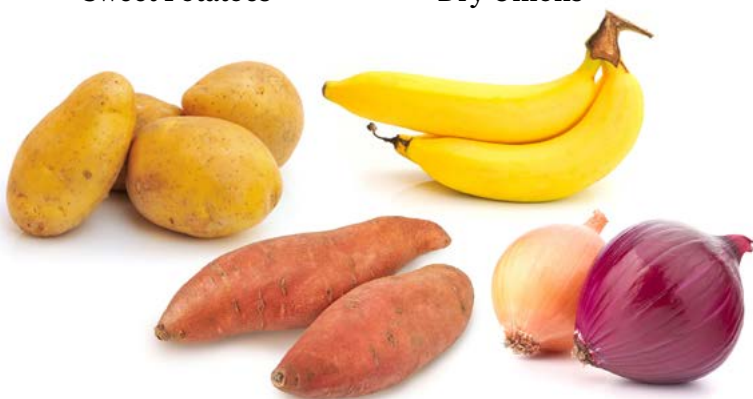
# STORING FRESH PRODUCE

It's important to store produce correctly to extend its quality and freshness.

## DRY STORAGE

These items should not be refrigerated. Place in dry storage between 60°F and 70°F.

- Bananas
- Potatoes
- Sweet Potatoes
- Dry Onions



## COLD STORAGE

Refrigerators should maintain a temperature of 39°F or less. Temperatures inside a refrigerator can range from colder (32°F) to warmer (39°F), depending on the location. Colder temperatures are found in the back and warmer temperatures in the front, near the door.

Some produce should be stored at warmer temperatures near the door for best quality.

Many fruits produce ethylene gas, which encourages natural ripening. This ethylene gas can cause most vegetables and some fruits to deteriorate more quickly and develop undesirable characteristics.



## RECOMMENDED REFRIGERATOR STORAGE

Ideally, ethylene-producing fruits should be stored in the refrigerator as far from ethylene-sensitive fruits and vegetables as possible.

### Ethylene-Producing Fruits

- Apples
- Avocados
- Berries
- Cantaloupe
- Grapefruit
- Honeydew
- Lemons
- Limes
- Mangoes
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapples
- Plums
- Tangerines
- Tomatoes
- Watermelon

### Ethylene-Sensitive Vegetables

- Asparagus
- Brussels Sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Corn
- Fresh Cut Produce
- Green Beans
- Greens
- Herbs
- Lettuce
- Mushrooms
- Okra
- Peppers
- Radishes
- Spinach
- Summer Squash



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