

Winning storage tips

Aim for 2 fruit & 5 veg serves a day



Vegetables	Best availability	Storage tips	Storage duration
Beans	Most of year	Store in refrigerator crisper	Eat quickly (1-3 days)
Broccoli	Year round	Store in refrigerator crisper	Keeps up to 1 week
Cabbage	Summer/Autumn	Store in refrigerator crisper	Eat quickly (1-3 days)
Capsicum	Summer/Autumn	Store in refrigerator crisper	Keeps up to 1 week
Carrots	Year round	Store in refrigerator crisper	Keeps up to 1 week
Cauliflower	Winter/Spring	Store in refrigerator crisper	Keeps up to 1 week
Cucumber	Summer/Autumn	Store in refrigerator crisper	Eat quickly (1-3 days)
Lettuce	Most of year	Store in refrigerator crisper	Eat quickly (1-3 days)
Mushrooms	Most of year	Store in refrigerator crisper in brown paper bag	Eat quickly (1-3 days)
Onions	Year round	Store in cool, dark, well ventilated place	Keeps up to 1 week
Potatoes	Year round	Store in cool, dark, well ventilated place	Keeps up to 1 week
Pumpkin (slices)	Most of year	Store in refrigerator in airtight container	Keeps up to 1 week
Pumpkin (whole)	Most of year	Store in cool, dark, well ventilated place	Can keep up to 2 weeks
Tomatoes	Most of year	Ripen at room temperature, then refrigerate	Keeps up to 1 week*
Zucchini	Summer/Autumn	Store in refrigerator crisper	Eat quickly (1-3 days)

Fruits	Best availability	Storage tips	Storage duration
Apple	Year round	Store in refrigerator crisper	Can keep up to 2 weeks
Banana	Year round	Store at room temperature	Keeps up to 1 week*
Grapes	Summer	Store in refrigerator in airtight container	Can keep up to 2 weeks
Kiwifruit	Autumn/Winter	Ripen at room temperature, then refrigerate	Keeps up to 1 week
Mango	Summer	Ripen at room temperature, then refrigerate	Keeps up to 1 week*
Melon (slices)	Summer	Store in refrigerator in airtight container	Eat quickly (1-3 days)
Melon (whole)	Summer	Store in cool, dark, well ventilated place	Keeps up to 1 week
Nectarine	Summer	Ripen at room temperature, then refrigerate	Keeps up to 1 week*
Orange	Year round	Store at room temperature	Keeps up to 1 week
Peaches	Summer	Ripen at room temperature, then refrigerate	Keeps up to 1 week*
Strawberry	Spring/Summer	Store in refrigerator in airtight container	Eat quickly (1-3 days)

*including ripening



For more information on heart health call the Heart Foundation on **1300 36 27 87** (cost of a local call) or visit our website at www.heartfoundation.org.au.
If you need an interpreter, call **131 450** and ask for the Heart Foundation Health Information Service. (INF-094-C)

