

# SMART PREP

## PREP NOW, EAT LATER!



When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.



Befriend your freezer and visit it often. Freeze food such as bread, sliced fruit, berries, or meat that you know you won't be able to eat in time.



Prepare and cook perishable items or meals, then freeze them for use throughout the month. For example, bake chicken breasts or purée spinach and freeze it in small servings so it is ready to use.

PREPARE PERISHABLE FOODS SOON AFTER SHOPPING.  
IT WILL BE EASIER TO WHIP UP MEALS LATER IN THE WEEK,  
SAVING TIME, EFFORT, AND MONEY.

# SMART STORAGE

TASTES BETTER & LASTS LONGER!



## INSIDE THE FRIDGE:

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs



## OUTSIDE THE FRIDGE:

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes & onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature—once cut, store squashes in fridge

## MORE STORAGE TIPS:

- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- Consider storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.