

Food storage guide: Keep it fresh

Fresh ingredients can be the difference between a good dish and a *chef's kiss* dish. Find out how to store the most commonly spoiled foods and keep them fresh for as long as possible.

Fruits



Apples

- Refrigerate in a breathable bag.
- Separate bruised apples from others.
- Store sliced apples in water with a dash of citrus juice.



Bananas

- Store at room temperature away from other fruit.
- Keep ripened bananas in the refrigerator or freezer.



Avocados

- Store at room temperature until ripe, then refrigerate.
- To ripen faster, store in a bag with a banana or apple.



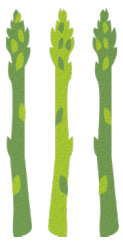
Citrus Fruits

- Store in refrigerator.
- Place in a container after peeling or slicing.

Vegetables

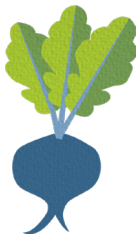
Many vegetables can be stored in the refrigerator in their original packaging.

Some exceptions:



Asparagus

Place stalks upright in a container of water in the refrigerator. **Bonus:** tough ends can be cut up and added to homemade vegetable stock.



Beets

Remove green tops before refrigeration.

★ **Pro tip:** Beet tops can be used and eaten like Swiss chard.



Artichokes

Cut off stem end, moisten with water, and place in container before refrigerating.

Potatoes

Store in a cool, dry place away from onions and sunlight.

Basil

Store on the counter in a tall glass of water. Replace water daily.

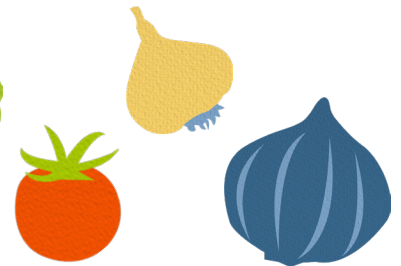


Radishes

Remove green tops before refrigerating. **Pro tip:** Radish tops are edible. Search the internet for recipes to try.

Tomatoes

Store fresh tomatoes at room temperature. If they start to overripen, move to the refrigerator.



Garlic

Store at room temperature in a paper bag, out of the sunlight. Leave skin on and cloves attached until ready to use.

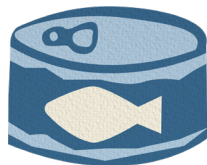
Onions

Store in a cool, dry place out of sunlight. Refrigerate only when sliced or chopped.

Meat



Store **raw meats** on the bottom refrigerator shelf or drawer. Cover tightly and put on a plate to prevent drips. Refrigerate as soon as you get home from the store.



Canned meats can be stored in the pantry until opened. After opening, transfer to a new container and refrigerate.



Lunch meats should be kept in their original packaging. They can also be frozen as is or wrapped with freezer paper and heavy aluminum foil.

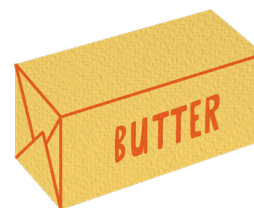
Milk, eggs, and butter



Keep **milk and eggs** in the cold part of refrigerator, away from the door.

Eggs closer to their expiration date are the best for boiling.

Milk can be frozen for shorter periods if needed.

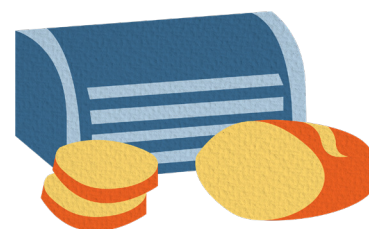


Store **butter** in the coldest parts of the refrigerator, away from the door, in original packaging. Keep it covered to prevent flavor absorption.

Bread

If using quickly, store bread in a paper bag or bread box. Set out the amount you plan to use and freeze the rest.

★ **Pro tip:** Stale bread can be used for breadcrumbs, croutons, and recipes like bread pudding and French toast.



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