

FRESH PRODUCE in your fridge STORAGE GUIDE

Love Food
HATE WASTE

Plan • Store • Eat • Save

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

ITEM	STORAGE	SHELF LIFE (RAW)	TIP
Avocado (ripe)	Fridge shelf. Wrap tightly in cling wrap with stone left in. Press wrap against cut surface to seal.	Up to 1 week	Ripen on bench before refrigerating.
Hard greens – asparagus, beans, brussel sprouts	Fridge crisper drawer in a loosely tied bag.	Up to 1 week	
Berries	Fridge crisper drawershell. Leave in their plastic containers.	2-4 days	Only wash berries right before eating.
Broccoli	Fridge crisper drawer. Rinse in water, and shake off excess. Wrap paper towel around damp head and seal in a bag.	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 replace can be used in place of parsley.
Citrus	Fridge crisper drawer. 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) – 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) – 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 – 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 to avoid leaking onto other items, sealed well to prevent leakage.	3-5 days	
Pumpkin	Fridge crisper drawer, wrapped in cling wrap.	2-3 weeks	Use a beeswax wrap to reduce cling wrap waste.
Root vegetables – 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) – peaches, plums	Fridge crisper drawer.	2-3 weeks	Leave on the bench to ripen before moving to fridge.
Zucchini	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