

# FRESH FOOD LIFE & STORAGE

Always follow the expiration date marked on a package. If no package, use this chart as a guideline.

FOOD	GROUP	STORE	NATURAL	FROZEN	NOTES:
Avocado	Fruit	Fridge	3-5 Days*	9-12 Months***	Wash all produce before freezing.
Banana	Fruit	Counter	5-7 Days*	9-12 Months***	
Berries	Fruit	Fridge	3-5 Days	9-12 Months	It will be safe to eat, but limp when thawed.
Citrus	Fruit	Fridge	2-3 Weeks	9-12 Months***	
Grapes	Fruit	Fridge	5-7 Days	9-12 Months	
Tomato	Fruit	Fridge	2-3 Days*	9-12 Months	
Bell Peppers	Vegetable	Fridge	1-2 Weeks	8-12 Months***	Good for blending, stews, pastas.
Broccoli	Vegetable	Fridge	5-7 Days	8-12 Months	
Cabbage	Vegetable	Fridge	1-2 Weeks	8-12 Months	*
Cauliflower	Vegetable	Fridge	1-2 Weeks	8-12 Months***	
Celery	Vegetable	Fridge	1-2 Weeks	8-12 Months***	* Counter until ripe, then fridge.
Corn, Fresh	Vegetable	Fridge	5-10 Days	8-12 Months*****	
Cucumber	Vegetable	Fridge	1 Week	Not Good	**
Garlic	Vegetable	Counter**	3-5 Months	Not Good	
Ginger Root	Vegetable	Fridge	2-3 Weeks	6 Months ***	Cool Dry Location.
Herbs, Leafy	Vegetable	Fridge	7-10 Days	9-12 Months	
Jalapeno	Vegetable	Fridge	1-2 Weeks	Not Good	***
Jicama	Vegetable	Fridge	2-3 Weeks	Not Good	
Leafy Greens	Vegetable	Fridge	3-7 Days	8-12 Months	****
Mushrooms	Vegetable	Fridge	4-7 Days	8-12 Months****	
Onion, Green	Vegetable	Fridge	7-10 Days	Not Good	Peel and cut before Freezing.
Onions	Vegetable	Counter**	2-3 Months	8 Months***	
Root Veggies	Vegetable	Counter	1-3 Weeks	8-10 Months***	*****
Radish	Vegetable	Fridge	10-14 Days	8-12 Months****	
Shallot	Vegetable	Fridge**	1 Month	8 Months***	Requires Blanching
Squash, Winter	Protein	Counter **	1-2 Months	8-12 Months***	
Squash, Summer	Protein	Fridge	4-5 Days	8-12 Months	*****
Beans	Protein	Fridge	3-5 Days	4-6 Months	
Chicken	Protein	Fridge	1-3 Days	8-9 Months	Remove husks & cob
Cooked Meals	Protein	Fridge	4-6 Days	4-6 Months	
Eggs	Protein	Fridge	2-4 Weeks	Not Good	
Fish	Protein	Fridge	1-2 Days	2-3 Months	
Turkey, Ground	Protein	Fridge	2-3 Days	3-4 Months	