









Healthy Eating for Elders: Food Storage Guide¹


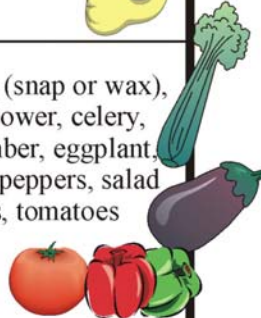



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If you don't shop for groceries often, you probably try to buy food that will last until your next trip to the store. To help you learn how much to buy, here are storage guidelines for some perishable foods. Tips: Store fruits and vegetables (except potatoes and tomatoes) in the crisper drawer of your refrigerator, and keep your refrigerator below 40°F. Store potatoes and tomatoes at room temperature.

Fresh Fruit	
2 to 3 Days	Berries, cherries 
3 to 5 Days	Apricots, bananas, grapes, nectarines, peaches, pears, plums, watermelon 
1 Week	Citrus, cranberries, melons (except watermelon) 
1 Month	Apples 

Milk Products and Eggs	
5 to 7 Days	Cottage cheese 
1 Week	Milk 
5 Weeks	Eggs (in shell) 
Several Month	Hard cheese 

Fresh Vegetables	
3 to 5 Days	Broccoli, Brussels sprouts, greens (spinach, kale, collards, etc.), okra, peas, onions (green), lettuce, summer squash 
1 Week	Beans (snap or wax), cauliflower, celery, cucumber, eggplant, green peppers, salad greens, tomatoes 
1 to 2 Weeks	Cabbage 
2 Weeks	Beets, carrots, parsnips, radishes, rutabagas, turnips 
3 to 4 Weeks	Potatoes 

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2. This leaflet was adapted from the USDA publication, *Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines*. Leaflet designed by Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer and Joyce Lottinville, and reviewed by Linda B. Bobroff, Ph.D., RD, LD/N, professor, and Leigh Ann Martin, MESS, former ENAFS project coordinator, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.