


BC SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM

FRUIT & VEGETABLE STORAGE GUIDE	
	<p>* READ <u>ALL</u> STORAGE & HANDLING INFORMATION LOCATED ON PRODUCT CASE</p> <p>* KEEP SCHOOL REFRIGERATOR AT 4° C</p> <p>* FOR PRODUCTS THAT MAY REQUIRE RIPENING (I.E.) PEARS , ENSURE CASE & PLASTIC LINER ARE OPENED TO ALLOW PRODUCT TO BREATHE</p>

FRUIT / VEGETABLE	ROOM TEMPERATURE STORAGE 20° to 22° C	REFRIGERATOR STORAGE 4° C / 40° F	SPECIAL TIPS
APPLES, SLICED	Do not store at room temperature	2 weeks from date packed (check package expiry date)	Apples will absorb odours from potatoes, onions and other fragrant produce.
APPLES, WHOLE August - January	No - apples tend to soften 10 times faster at room temperature	2 months	
APPLES, WHOLE February - July	No - apples tend to soften 10 times faster at room temperature	2 to 3 weeks in perforated plastic bag in crisper	
BLUEBERRIES	Do not store at room temperature	10 days, loosely covered	Store in shallow container.
CARROTS	Do not store at room temperature	2 weeks from date packed (check package expiry date)	Carrots absorb odours from apples and pears.
CELERY	Do not store at room temperature	2 weeks	Celery will absorb odours from apples, carrots, onions and pears.
CUCUMBERS Hothouse	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Hothouse products are happiest at the 5° C/41° F temperature
GRAPES	Do not store at room temperature	5 days	Grapes will absorb odours produced by leeks and green onions.
KIWIFRUIT	Store loosely until ripe	1 to 2 weeks (ripe)	
MANDARIN ORANGES	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	Oranges produce odours that are absorbed by meat, eggs and dairy products.
PEACHES	Store loosely until ripe	1 week; store uncovered in a single layer	
PEARS	Store loosely until ripe (Note: Ensure case and plastic liner are opened to allow pears to breathe!)	2 to 3 days; store uncovered in a single layer	Pears are ripe when flesh around stem gives to gentle pressure.
PEARS, SLICED	Do not store at room temperature	2 weeks from date packed (check package expiry date)	
PEPPERS Hothouse	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Hothouse products are happiest at the 5° C/41° F temperature
PLUMS	Store loosely until ripe (Note: Ensure case and plastic liner are opened to allow plums to breathe!)	Once ripe, 3 to 5 days	Grey bloom on plums is natural and indicates freshness. This does not have to be washed off.
STRAWBERRIES Hothouse	3 days; store at 10° C	If not serving within 3 days, store loosely in shallow container for 1 to 2 days	Hothouse products are happiest at the 5° C/41° F temperature. For optimal flavour allow strawberries to reach room temperature before eating.
SUGAR SNAP PEAS	Do not store at room temperature	1 to 3 days; store loosely in plastic bag	
TANGERINES	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	Tangerines produce odors that are absorbed by meat, eggs and dairy products.
TOMATOES Hothouse	3 to 4 days, uncovered, out of direct sunlight, until ripe; when ripe use in 1 to 2 days	No; stops ripening and affects flavour	Hothouse products are happiest at the 5° C/41° F temperature. Refrigerate only when well ripened, but will affect flavour.

Source: Canadian Produce Marketing Association (CPMA), BCSFVNP Suppliers
 Information about storing fruits and vegetables can be found on the CPMA website at the following link:
<http://www.cpm.ca/Files/CPMA.HomeStorageGuide.English.pdf>