



American Heart Association®

Healthy for Good™

## Pantry

Pack away in a cool, dark place like your pantry or cellar:

**GARLIC, ONIONS & SHALLOTS**

**HARD SQUASH**

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,  
POTATOES, & YAMS**

**WATERMELON**

## Countertop

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

**STONE FRUIT**

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

**TOMATOES**

## Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

**APPLES & PEARS**

**BEETS & TURNIPS**

Remove greens and keep loose in the crisper drawer.

**BERRIES, CHERRIES & GRAPES**

Keep dry in covered containers or plastic bags.

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