

**BC SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM**

**FRUIT & VEGETABLE STORAGE GUIDE**



\* READ **ALL** STORAGE & HANDLING INFORMATION LOCATED ON PRODUCT CASE

\* KEEP SCHOOL REFRIGERATOR AT 4° C



\* FOR PRODUCTS THAT MAY REQUIRE RIPENING (I.E.) PEARS , ENSURE CASE & PLASTIC LINER ARE OPENED TO ALLOW PRODUCT TO BREATHE

FRUIT / VEGETABLE	ROOM TEMPERATURE STORAGE	REFRIGERATOR STORAGE	SPECIAL TIPS
	20° to 22° C	4° C / 40° F	
<b>APPLES</b> August - January	No - apples tend to soften 10 times faster at room temperature	2 months	
<b>APPLES</b> February - July	No - apples tend to soften 10 times faster at room temperature	2 to 3 weeks in perforated plastic bag in crispener	
<b>APRICOTS</b>	Store loosely until ripe	1 week; store uncovered in a single layer	
<b>BLUEBERRIES</b>	Do not store at room temperature	10 days, loosely covered	Store in shallow container.
<b>CARROTS</b>	Do not store at room temperature	2 weeks from best before date (check package best before date)	Carrots absorb odours from apples and pears.
<b>CUCUMBERS</b> Greenhouse-grown	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Greenhouse-grown products are happiest at the 5°C/41°F temperature
<b>KIWIFRUIT</b>	Store loosely until ripe then transfer to refrigerator	1 to 2 weeks (ripe)	
<b>MANDARIN ORANGES</b>	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	Mandarin oranges produce odours that are absorbed by meat, eggs and dairy products.
<b>PEACHES</b>	Store loosely until ripe then transfer to refrigerator	1 week; store uncovered in a single layer	
<b>PEARS</b>	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.
<b>PEPPERS</b> Greenhouse-grown	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Greenhouse-grown products are happiest at the 5°C/41°F temperature
<b>PLUMS</b>	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.
<b>SUGAR SNAP PEAS</b>	Do not store at room temperature	1 to 3 days; store loosely in plastic bag	
<b>TOMATOES</b> Greenhouse-grown	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	Greenhouse-grown 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://cpma.ca/grow/resources/produce-storage-guide>

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