

PRODUCE PAIRINGS CAN PREVENT WASTED FOOD

Many refrigerators have two drawers fitted with humidity controls. This is because:

VEGETABLES require
HIGH HUMIDITY.

FRUITS require
LOW HUMIDITY.

Only have one drawer? Use it for veggies. Package and store fruit elsewhere in the fridge.

Why does my produce go bad so quickly?

Some fruits and vegetables release a gas (ethylene) that causes increased ripening in other produce. Different fruits and vegetables have different levels of sensitivity to ethylene. Simply put?

Keep ethylene producers AWAY from items that are ethylene sensitive.



Ethylene Producers

- Apples
- Avocados
- Bananas
- Cantaloupe
- Kiwi
- Peaches
- Pears
- Peppers
- Tomatoes

Ethylene Sensitive

- Apples
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cantaloupe
- Collard Greens
- Cucumber
- Eggplant
- Grapes
- Honeydew
- Kiwi
- Lemons
- Lettuce
- Limes
- Mangoes
- Onions
- Peaches
- Pears
- Peppers
- Squash
- Sweet Potatoes
- Watermelon

