



Product Storage Guide

- Read all storage and Handling information located on product case
- Keep school refrigerator at 4° C
- For products that may require ripening (i.e) Pears, ensure case and plastic liner are opened to allow product to breathe

FRUIT & VEGETABLE NUTRITIONAL STORAGE GUIDE			
PRODUCT	ROOM TEMPERATURE STORAGE 20° to 22° C	REFRIGERATOR STORAGE 4°C / 40°F	SPECIAL TIPS
APPLES August - January	No - apples tend to soften 10 times faster at room temperature	2 months	
APPLES 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.
CUCUMBERS 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
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.
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.
PEPPERS 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
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.
SUGAR SNAP PEAS	Do not store at room temperature	1 to 3 days; store loosely in plastic bag	
TOMATOES 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.
DAIRY PRODUCTS Milk, Yogurt, Cheese		Consume by best before date	
HARD COOKED EGGS		Consume by best before date	

Source: Canadian Produce Marketing Association (CPMA), Fresh for Kids Suppliers

Information about storing fruits and vegetables can be found on the CPMA website at the following link: https://cpma.ca/docs/default-source/education/2022/cpma_2022_storage-guide.pdf

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