Tips for Storing Fresh Produce

Extension Consumer Food Safety Fact Sheet

Further tips

• Once any produce is cut or peeled, it must be stored in the refrigerator for safety.
• Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
• Wash all whole produce under running water just before preparation for eating.
  • No need to use soap or produce washes — clean running water is enough.
  • Wash even if peeling the produce so you don’t transfer “dirt” from outside to the inside.
  • Use a clean scrub brush to wash produce such as potatoes and melons.

References: