

Swift Tips for

Food Storage

Refrigerate

Asparagus
Beans
Berries
Broccoli/Cauliflower
Cabbage/Lettuce
Carrots
Celery
Cherries
Eggplant
Grapes
Herbs
Mushrooms
Peppers
Onions

Room Temperature

Apples
Apricot
Avocado
Bananas
Citrus
Garlic
Kiwi
Mangoes
Melons
Onions
Pears
Peaches
Pineapples
Potatoes