FOOD STORAGE GUIDE

How to store fresh foods and how long they'll last.

Up to 40 percent of food in the U.S. goes to waste. Storing your food with these tips will help you make a dent in food waste.

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GROCERY LIFE IN THE FRIDGE:

1-3 DAYS

- Artichokes
- Asparagus
- Blackberries
- Broccoli
- Cherries
- Corn
- Green beans
- Mushrooms
- Raspberries

4-6 DAYS

- Apricots
- Blueberries
- Collard greens
- Eggplant
- Grapefruit
- Grapes
- Kale
- Kiwi
- Leeks
- Lemons
- Lettuce
- Limes
- Mango
- Oranges
- Parsley
- Peaches
- Pears
- Peppers
- Pineapple
- Plums
- Scallions/ Green onions
- Spinach
- Strawberries
- Swiss Chard
- Yellow Squash
- Zucchini

7 + DAYS

- Apples
- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Clementines
- Parsnip
- Pomegranates
- Radishes (tops cut off)

RED MEAT

Use within 3 days or freeze, then thaw in the refrigerator, and use immediately once thawed.
*Cooked meat can last 4-5 days in fridge.

FISH AND POULTRY

Use within 2 days or freeze, then thaw in the refrigerator, and use immediately once thawed.

MILK

Whole milk will usually last up to a week past its expiration date.

EGGS

Eggs stored in their carton can last up to 5 weeks from the date of purchase.

CHEESE

Soft cheese (like Brie): 1 week
Semi-soft Cheese (like Muenster): 2-3 weeks
Firm Cheese (like aged Cheddar): up to 6 weeks
Hard cheese (like Parmesan): 6 + weeks

Find out more about reducing food waste at azdeq.gov

40 DEGREES OR BELOW

Because bacteria grow most rapidly between 40°F and 140°F, your fridge should be set to maintain a temperature of 34°F - 40°F.

DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE.

This is a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

THE UPPER SHELVES

The upper shelves are slightly warmer than below, and are a great place to store items that don't have a high safety risk. Great for leftovers, drinks, ready-to-eat foods like yogurt or cheese.

THE LOWER SHELVES

Foods with a higher safety risk are better off in coldest section. The bottom shelf is the coldest place in the fridge. Store meat, poultry and fish here in trays to prevent them from dripping.

HIGH & LOW HUMIDITY DRAWERS

CARROTS, LEAFY GREENS, SPINACH, ARUGULA, BASIL, BROCCOLI, ETC...

PEARS, APPLES, GRAPES, MUSHROOMS, PEPPERS, AVOCADOS, BERRIES, ETC...

Put most veggies, particularly those that might wilt, in the high humidity drawer.

Put fruits in the low humidity drawer, along with vegetables that have a tendency to breakdown and rot.

COMPOSTING 101

The beginner's guide to composting at home

Composting is a natural form of recycling that turns certain waste into organic material that can be used in a variety of ways. By composting, you are not only creating something that helps keep plants healthy, but you are keeping compostable waste products like food scraps and yard waste out of landfills.

WHAT WILL YOU NEED?

Brown material to produce carbon:

- Dead Leaves, Branches & Twigs
- Sawdust & Wood Chips
- Coffee Filters
- Tea Bags
- Cotton & Wool Rags
- Paper Towels
- Cardboard & Newspaper
- Uncoated Paper Plates & Cups

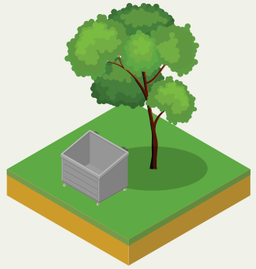
+

Green material to produce nitrogen:

- Grass Clippings & Leaves
- Fruit & Vegetable Scraps
- Egg Shells
- Coffee Grounds
- Nuts & Nut Shells
- Pasta, Grains & Rice
- Hair & Lint
- Breads
- Sweeping & Vacuum Dust

+

WATER



1 Select a dry, shady spot near a water source.

Ideal size for your compost area is 3 feet wide by 3 feet deep by 3 feet tall (1 cubic yard). You can buy a bin, use chicken wire, or just isolate an area of ground for your compost heap.

2 Add brown and green material in alternate layers.

Try and keep the ratio roughly 3 parts browns to 1 part greens. Make sure larger pieces of material are chopped or shredded.

3 Keep the compost moist (but not too wet).

Moisture helps with the breakdown of organic matter.

Occasionally turn your compost mixture to provide aeration.

This helps speed up the composting process and keeps things airy, which cuts the risk of things getting smelly.

4 As materials break down, the pile will get warm.

There might even be steam. Don't be alarmed. That means it's working. Now you just have to wait.

5 All done!

When material is dark with no remnants of food or waste, your compost is ready. Add it to lawns and gardens or anywhere that could benefit from some good soil.

WHAT NOT TO COMPOST:

- Metal
- Glass
- Pet Waste
- Coal & Charcoal Ash
- Diseased or Insect-Ridden Plants
- Dairy, Meat & Bones
- Plastic & Foam
- Coated Paper Plates
- Film & Containers
- Plastic Utensils

For more ways to reuse items and reduce waste at home, visit azdeq.gov/P2House

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