

Written by:

Alicia Vogel

222 Lake Drive

Newark, DE 19702

Storing Produce at Home

SNAP - Supplemental Nutrition Assistance Program

Freezer Storage

Tips

- Always work with clean hands, preparation areas, equipment and utensils.
- Choose the best quality food available.
- Freeze food promptly
- Follow procedures recommended for selected food: peeling, cutting, blanching, etc.
- Choose containers appropriate for freezing
- Choose foods that freeze well. Foods that do not freeze well include produce such as cucumber, lettuce, radishes.

Source: ncsafeplates@ncsu.edu

According to the Food and Drug Administration (FDA), proper food storage helps maintain safety as well as food quality by keeping flavor, color, texture, and nutrients in food.

Refrigerators should be kept at or below 40°F to keep refrigerated food from spoiling or causing someone to be ill.

Freezers should be kept at 0°F (-18°C) or lower when measured with a refrigerator or freezer thermometer.



Source: <https://food.unl.edu/free-resource/food-storage>

Produce Quick Tips

- Always refrigerate produce that is purchased pre-cut or packaged.
- Wash all produce under running water prior to eating.
- Storage times are approximate, so always check for signs of spoilage.



Source: <https://food.unl.edu/free-resource/food-storage>

Fruits

Apples: Room temperature: 50-70°F for 3 weeks.
Refrigerator: 40°F or below: 4-6 weeks
Freezer: 0°F or below: 8 months

Citrus fruit: Room temperature: 10 days
Refrigerator: 10-21 days
Freezer: 4-6 months

Melons: Room temperature: until ripe
Refrigerator: 2 weeks (uncut), 2-4 days after cutting
Freezer: 1 month for balled melon

Vegetables

Broccoli: Refrigerator: 3-5 days
Freezer: 10-12 months

Bagged greens: 3-5 days (unopened)
2 days (opened)
Freezer: Does not freeze well

Carrots: 2-3 weeks
Freezer: 10-12 months

Source: <https://food.unl/free-resource/food-storage>

Easiest Banana Ice Cream

Ingredients

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoons 1% milk
- Toppings (optional)

Recipe and image source: <https://www.mylate.gov>

Directions

1. When bananas have become very ripe, peel and slice them into medium-sized round pieces. Place on a plastic wrap covered baking sheet and put in the freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk.
3. Pulse food processor/blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running food processor until the mixture is smooth and creamy.
5. Serve and enjoy!

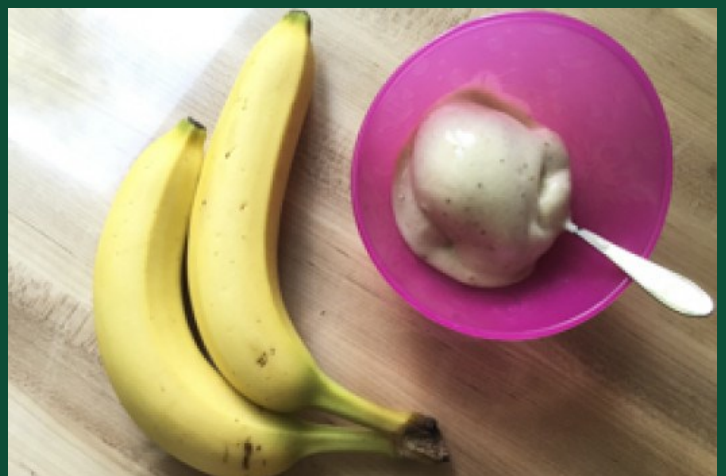
Follow us on:



@FoodBankofDE

Visit our website:

www.fbd.org



This institution is an equal opportunity provider.