

Buy fresh

Onions

Fridge: 1-3 months

Tomatoes

Fridge: 1 week

Carrots

Fridge: 4 weeks

Cauliflower

Fridge: 4-5 weeks

Kiwi

Fruit bowl: 2-3 days

Fridge: 4 weeks

Grapes

Fruit bowl: 3-5 days

Fridge: 1 week

Melon

Fruit bowl: 2-3 days

Fridge: 1 week

Apples

Fruit bowl: 1 week

Fridge: 1 month

Potatoes

Cool dark place: 2-3 months

Garlic

Cool dark place: 6 months

Butternut squash

Cool dark place: 5-6 months

Banana

Fruit bowl: If green 7 days. If ripe 2-4

Pear

Fruit bowl: 2-3 days

Fridge: 2 weeks

Cabbage

Fridge: 4-5 weeks

Citrus fruits

Fruit bowl: 1-2 weeks

Fridge: 3-4 weeks

Bananas, apples and pears release a gas that make other fruit ripen so keep them apart



Wait until kiwifruit and pears ripen before putting them in the fridge

Buy frozen

6-12 months: check package use by date

Berries



Mango



Mixed veg



Peas and corn

