# Fruit Storage

**Where and for How Long to store fruits to maximize freshness**

| *Fruit Type* | *Room temperature Storage (50-70 degrees F)* | *Refrigerator at or below 40 degrees F* |
|---|---|---|
| Apples | 3 Weeks | 4-6 Weeks |
| Avocados | Until Ripe & ready to eat | 3-4 Days |
| Bananas | Not Recommended | 3 Days |
| Blueberries | 10 Days | 1-2 Weeks |
| Citrus (orange, grapefruit, etc.) | 1 Day | 10-21 Days |
| Grapes | Until Ripe & ready to eat | 1 Week |
| Melons | Until Ripe & ready to eat, then 1-2 Days | 2 weeks (uncut), 2-4 days cut |
| Peaches, nectarines, plums or pears | Not Recommended | 3-5 Days |
| Pineapple | | 5-7 Days |
| Strawberries | | 2-3 Days |

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. Created by UConn Dietetics student Jackie Rose

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# Almacenamiento de fruta

**Dónde y por cuánto tiempo almacenar frutas para maximizar la frescura**

| *Tipo de fruta* | *Almacenamiento a temperatura ambiente (50-70 grados F)* | *Refrigerador a 40 grados F o menos* |
|---|---|---|
| Manzanas | 3 Semanas | 4-6 Semanas |
| Aguacates | Hasta que esté maduro y listo comer | 3-4 Dias |
| Plátanos | No recomendado | 3 Dias |
| Arándanos | 10 Dias | 1-2 Semanas |
| los agrios | Un Dia | 10-21 Dias |
| Uvas | Hasta que esté maduro y listo comer | Un semana |
| Melones | Hasta que esté maduro y listo para comer, luego 1-2 días | 2 semanas (sin cortar), 2-4 días de corte |
| melocotones, nectarinas, ciruelas o peras | No recomendado | 3-5 Dias |
| los ananás | | 5-7 Dias |
| Fresas | | 2-3 Dias |

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Esta institución es un proveedor que ofrece igualdad de oportunidades

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