

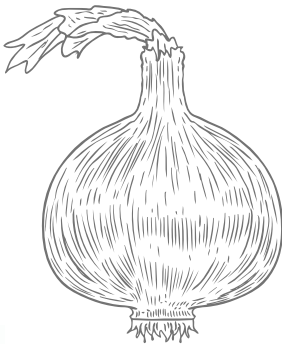
HOW LONG DOES IT LAST?

Waste less and get more out of your produce! #ReduceFoodWaste

**USE
ASAP**

**3-5
days**

- Asparagus
- Basil
- Bok Choy
- Chives
- Cilantro
- Kale
- Okra
- Onions, (cut)
- Snow Peas
- Spinach
- Tomatoes



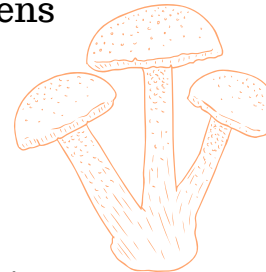
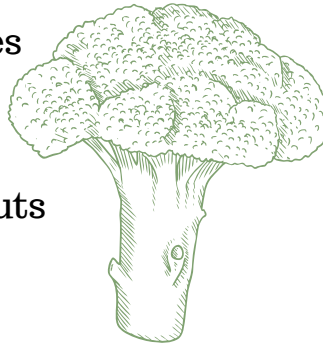
Adapted from CookSmarts Produce Shelf life & Storage Guide

  @uwaterloofood

**USE
SOON**

**5-7
days**

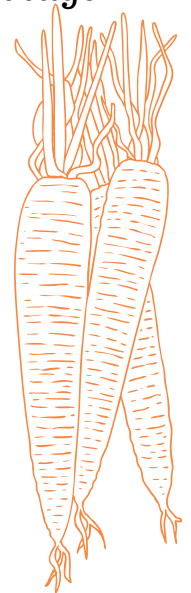
- Artichokes
- Baby Potatoes
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Cauliflower
- Eggplant
- Green Beans
- Leeks
- Lettuce/Mixed Greens
- Mint
- Mushrooms
- Napa Cabbage
- Radishes
- Scallions/Green Onions
- Winter Squash, (cut)
- Zucchini & Summer Squash



**NO
RUSH**

**2+
weeks**

- Beets
- Carrots
- Celery
- Ginger
- Green and Red Cabbage
- Lemons
- Limes
- Onions, (whole)
- Parsnips
- Potatoes
- Rosemary
- Sweet Potatoes
- Thyme
- Turnips
- Winter Squash



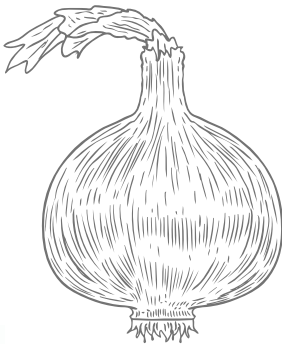
HOW LONG DOES IT LAST?

Waste less and get more out of your produce! #ReduceFoodWaste

**USE
ASAP**

**3-5
days**

- Asparagus
- Basil
- Bok Choy
- Chives
- Cilantro
- Kale
- Okra
- Onions, (cut)
- Snow Peas
- Spinach
- Tomatoes



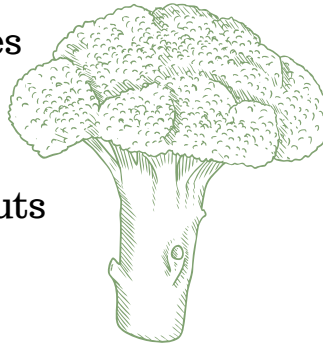
Adapted from CookSmarts Produce Shelf life & Storage Guide

  @uwaterloofood

**USE
SOON**

**5-7
days**

- Artichokes
- Baby Potatoes
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Cauliflower
- Eggplant
- Green Beans
- Leeks
- Lettuce/Mixed Greens
- Mint
- Mushrooms
- Napa Cabbage
- Radishes
- Scallions/Green Onions
- Winter Squash, (cut)
- Zucchini & Summer Squash



**NO
RUSH**

**2+
weeks**

- Beets
- Carrots
- Celery
- Ginger
- Green and Red Cabbage
- Lemons
- Limes
- Onions, (whole)
- Parsnips
- Potatoes
- Rosemary
- Sweet Potatoes
- Thyme
- Turnips
- Winter Squash

