

Fruit Freshness & Storage Chart

Use the shorter end of each range first. Condition, ripeness, temperature, and handling can shorten storage life.



How to read this chart

These are recommended freshness windows, not hard safety expiration dates. The range begins at pickup or purchase and assumes produce is fresh, whole, and uncut.

COUNTER / COOL PANTRY = room-temperature storage away from sun and heat.

REFRIGERATOR = clean refrigerator at 40°F or below.

Ripen-on-counter items should move to the refrigerator once ripe. Always follow a package label when it gives a shorter time. [1, 2]

Apples

COUNTER Up to 3 weeks

FRIDGE 4-6 weeks

Refrigeration gives the longest window.

Strawberries

FRIDGE 2-3 days

Keep dry; rinse just before eating.

Peaches & similar fruit

COUNTER Until ripe

FRIDGE 3-5 days once ripe

Also nectarines, plums, and pears.

Avocados

COUNTER Until ripe

FRIDGE 3-4 days once ripe

Ripe fruit yields gently to pressure.

Grapes

FRIDGE 1 week

Keep refrigerated and unwashed until use.

Cantaloupe

COUNTER 2-4 days or until ripe

FRIDGE 5-15 days

Refrigerate after cutting.

Bananas

COUNTER Until ripe

FRIDGE 3 days once ripe

The peel may darken in the refrigerator.

Citrus

FRIDGE 10-21 days

Includes oranges, lemons, limes, and grapefruit.

Watermelon

COUNTER 1-2 days or until ripe

FRIDGE 3-4 days

Refrigerate after cutting.

Discard sooner if produce is rotten, moldy, leaking, slimy, or has a strong unpleasant odor. Cut away small bruised or damaged areas before preparation; throw away produce that looks rotten. [2]

Vegetable Freshness & Storage Chart

Keep produce protected from contamination. Rotate older items forward and inspect condition regularly.



Store vegetables for best quality

These are recommended freshness windows, not hard safety expiration dates. The range begins at pickup or purchase and assumes produce is fresh, whole, and uncut.

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REFRIGERATOR = clean refrigerator at 40°F or below.

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Broccoli FRIDGE 3-5 days	Carrots FRIDGE 2-3 weeks	Romaine / iceberg FRIDGE 1-2 weeks	Bell peppers FRIDGE 4-14 days	Mushrooms FRIDGE 3-7 days
Cucumbers FRIDGE 4-6 days	Summer squash / zucchini FRIDGE 4-5 days	Potatoes COUNTER 1-2 months Store whole in a cool, dark, dry place.	Dry onions COUNTER 1 month FRIDGE Up to 2 months	Tomatoes COUNTER Until ripe, then up to 7 days

WASH AT THE RIGHT TIME

Wash hands for 20 seconds. Rinse produce under running water just before preparing or eating. Do not use soap, detergent, or commercial produce wash. Scrub firm produce such as melons and cucumbers with a clean produce brush. [2]

REFRIGERATE CUT PRODUCE

Refrigerate all pre-cut or packaged produce and all produce after peeling or cutting. Keep the refrigerator at 40°F or below. Follow the package label when provided. [2, 3]

Primary sources - official U.S. government guidance and data. Reviewed August 14, 2026.

1. USDA Food Safety and Inspection Service, [FoodKeeper Data](https://catalog.data.gov/dataset/fsis-foodkeeper-data) (dataset updated Jan. 22, 2025): <https://catalog.data.gov/dataset/fsis-foodkeeper-data>
2. U.S. Food and Drug Administration, [Selecting and Serving Produce Safely](https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely): <https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely>
3. USDA Food and Nutrition Service, [Best Practices for Handling Fresh Produce](https://www.fns.usda.gov/fs/produce-safety/best-practices-schools): <https://www.fns.usda.gov/fs/produce-safety/best-practices-schools>

Illustrations are original AI-generated 3D-inspired artwork created for this chart; they are decorative and not used to identify spoilage.