

# PRODUCE PAIRINGS CAN PREVENT WASTED FOOD

Many refrigerators have two drawers fitted with humidity controls. This is because:

**VEGETABLES** require  
**HIGH HUMIDITY.**

**FRUITS** require  
**LOW HUMIDITY.**

Only have one drawer? Use it for veggies. Package and store fruit elsewhere in the fridge.

## Why does my produce go bad so quickly?

Some fruits and vegetables release a gas (ethylene) that causes increased ripening in other produce. Different fruits and vegetables have different levels of sensitivity to ethylene. Simply put?

**Keep ethylene producers AWAY from items that are ethylene sensitive.**



## Ethylene Producers

- Apples
- Avocados
- Bananas
- Cantaloupe
- Kiwi
- Peaches
- Pears
- Peppers
- Tomatoes

## Ethylene Sensitive

- Apples
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cantaloupe
- Collard Greens
- Cucumber
- Eggplant
- Grapes
- Honeydew
- Kiwi
- Lemons
- Lettuce
- Limes
- Mangoes
- Onions
- Peaches
- Pears
- Peppers
- Squash
- Sweet Potatoes
- Watermelon

