

# KITCHEN RESOURCE GUIDE



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## Important Medical Disclaimer

The information contained in this packet is provided for general informational and educational purposes only. It is not intended as, and shall not be understood or construed as, medical nutrition therapy (MNT) or a substitute for professional medical advice, diagnosis, or treatment from your personal healthcare provider.

**Medical Conditions & Food Allergies** The recipes, nutritional information, and all other advice in this packet are for a general audience. They do not take your specific health conditions, dietary restrictions, or food allergies into account.

- Please review all ingredients in the suggested recipes carefully before preparation and consumption to avoid any potential allergic reactions or food intolerances.
- If you have a medical condition (such as diabetes, kidney disease, digestive disorders, celiac disease, etc.), these general recommendations and recipes may not be appropriate for you.

**Consult Your Healthcare Provider** Always seek the advice of your physician, Registered Dietitian, or other qualified healthcare provider with any questions you may have regarding a medical condition or your specific nutritional needs. Never disregard professional medical advice or delay in seeking it because of something you have read in this packet.

## Need Personal Advice?

**If you need one-on-one nutrition counseling tailored to your specific health needs, medical conditions, and budget, please contact our office to set up an appointment. We are happy to help and do accept Medicaid insurance plans.**



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## A Letter to You

Hello,

My name is Matthew D'Aria, and I'm a Registered Dietitian. My team and I have put this packet together because we know that for many families, including those who rely on SNAP, the current situation is more than just a news headline—it's an emergency.

The stress of not knowing where your next meal is coming from is a heavy, unfair burden, and I want to first say that you are not alone in this.

As a dietitian, I can talk about nutrition, but I also know that "healthy" can feel impossible when the budget is zero. My goal for this guide is not to tell you what to do, but to offer a set of practical, dignified, and resourceful tools to help you navigate this.

Think of this packet as a "survival guide" for your kitchen. We'll cover:

- Immediate, first-step resources you can contact today.
- Low-cost, flavorful recipes that are nutritious and designed to be less than \$5/serving.
- Strategies for stretching every item you have on hand.
- Tips for making the most of a food pantry box.

You are the expert on your own family and your own needs. I am just offering these tools in the hope that they can help make this incredibly difficult time even a little bit easier.

You are resilient, you are not alone, and you will get through this.

In health and support,

The MJD Nutrition Team



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## **Section 1: Your First 24 Hours (Immediate Action Plan)**

**If you have no food and no money *right now*, start here. This is your immediate action plan.**

### **Priority 1: Your Mental Health Is a Priority**

This is stressful, scary, and unfair. Feeling overwhelmed is a normal response. Your mental health is just as important as your physical health.

- **ACTION:** If you are feeling hopeless or in crisis, please call or text **988**.
- This is the free, 24/7 Suicide & Crisis Lifeline. You can talk to a trained counselor for free, confidential support.

### **Priority 2: Check Critical Benefits**

Some programs are funded separately from SNAP and may still be active.

- **For Children (School Meals):**
  - **ACTION:** Call your child's school *today*. Ask if they are still serving breakfast and lunch. These programs are often funded differently and are a critical source of daily nutrition.
- **For Pregnant Women & Children Under 5 (WIC):**
  - **ACTION:** If you are on WIC, check your benefit card or call your local WIC office *immediately*. WIC is a separate program from SNAP and is not affected by this shutdown. If you are not on WIC but are pregnant or have a child under 5, call your local office to apply.

### **Priority 3: Find Free Food Today**

Local food banks and pantries and churches are here to help. They want you to have food.

- **ACTION 1: Call 211**
  - This is a free, 24/7 hotline that can connect you to local services, including the closest open food pantries.
- **ACTION 2: Use the Web (if you can)**
  - **In need of Internet:** Local Libraries will allow you to use the internet for free on their computers.



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- **FoodFinder.us:** A website and app for finding local food pantries. (Source: FoodFinder. (n.d.). *FoodFinder*. <https://foodfinder.us/>)
- **FeedingAmerica:** Go to **feedingamerica.org** and use their "Find Your Local Food Bank" tool.
- **ACTION 3: Prepare for Your Food Pantry Visit**
  - **Callahead.** Ask for their hours and if you need an ID or proof of address.
  - **Bringyourownbags.** Many pantries ask you to bring your own reusable bags or boxes.
  - **Thinkofitasa"mysterybox."** The food you get may be random. That's okay. The rest of this guide is designed to help you turn that box into meals.



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## **Section 2: The "Shop at Home" Plan (Using What You Have)**

Before spending any money or going to a pantry, your most powerful tool is your own kitchen. Taking stock of what you *already* have saves money, reduces food waste, and gives you a clear starting point.

### **Your 3-Step Kitchen Inventory**

Grab a pen and paper. Let's see what we're working with.

#### 1. The FRIDGE (Eat These First!)

- *List all produce, dairy, eggs, leftovers, and condiments. What needs to be used in the next 3-4 days?*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 2. The FREEZER

- *List all frozen veggies, fruits, meats, and pre-made meals.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 3. The PANTRY

- *List all cans (beans, tomatoes, tuna), grains (rice, oats, pasta), spices, oils, onions, and potatoes.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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## The "Pantry Challenge" Formula: How to Make a Meal from Anything

Look at your three inventory lists. You can build a filling, balanced meal by picking one item from each group below.

### Pick a **BASE** (For Energy)

- Rice
- Pasta
- Potatoes
- Oats
- Bread or Tortillas
- *Other Grains (Quinoa, Barley)*

+

### Pick a **PROTEIN** (For Fullness)

- Canned or Dried Beans (any kind!)
- Lentils
- Eggs
- Canned Tuna, Salmon, or Chicken
- Peanut Butter
- *Frozen Meat or Poultry*

+

### Pick a **VEGGIE or FRUIT** (For Nutrients)

- Canned Diced Tomatoes
- Frozen Spinach, Peas, or Corn
- Canned Green Beans or Carrots
- Onions or Garlic (for flavor!)
- Any wilting fresh produce
- *Canned or Frozen Fruit*

=

**AMEAL!**



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- Examples:
  - Rice + Black Beans + Canned Tomatoes (and chili powder if you have it!)
  - Pasta + Canned Tuna + Frozen Peas (add a little oil or mayo)
  - Oats + Peanut Butter + (Canned/Frozen Fruit)
  - Potato + Egg (scrambled on top) + Wilted Spinach

### **Section 3: The Power Pantry (Shopping List)**

For recipes under \$5/serving/person, see the downloadable file on the website

If you have a small amount of money to spend, the goal is to get the most nutrition and the most meals for every dollar.

This list is your foundation. These items are the **cheapest, most nutritious, and most versatile foods you can buy.**

#### **Protein (For Fullness & Strength)**

- **Dried Lentils** (Brown or green are cheapest)
- **Dried Beans** (Black, pinto, or kidney)
- **Eggs** (A perfect, low-cost protein)
- **Canned Tuna** (Packed in water)
- **Peanut Butter**

#### **Grains (For Energy & Fiber)**

- **Rolled Oats** (The best value for breakfast)
- **Brown Rice** (Buy the biggest bag you can afford/store)
- **Whole Wheat Pasta**
- **Corn Tortillas**

#### **Fresh Produce (Long-Life Staples)**

- **Onions** (The base for most recipes)
- **Garlic** (A little goes a long way)
- **Potatoes** (Russet or yellow)
- **Sweet Potatoes**
- **Carrots** (A 1lb or 2lb bag is a great value)
- **Green Cabbage** (One head can last for weeks and be used in many meals)



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## Canned & Frozen Produce (The Nutrition Backups)

- **Canned Diced Tomatoes** (Get the 28-oz can; it's softer & a better value)
  - **Frozen Spinach** (Easy to add to eggs, pasta, or soups)
  - **Frozen Peas or Corn**
- 

## The "Flavor Kit" (The Most Important Part!)

Budget food does *not* have to be boring. A small investment in flavor makes all the difference. If you have these, you can make anything taste good.

- **Bouillon Cubes or Paste** (Vegetable or Chicken. This makes "free" broth for cooking rice and soups.)
  - **Soy Sauce** (Adds a savory, salty flavor, called "umami," to everything.)
  - **Chili Powder**
  - **Cumin**
  - **Garlic Powder** (Use when you're out of fresh garlic.)
  - **Onion Powder**
  - **Vinegar** (Apple cider or plain white. A small splash brightens up soups and bean salads.)
- 

## Section 4: The "Waste Nothing" Kitchen (Skills & Storage)

When the budget is tight, every scrap of food counts. These tips help you use everything you have and make your groceries last longer.

### "Revive" Your Food

Don't throw it out just because it's a little sad!

- **Wilted Greens?** If your spinach, kale, or lettuce is limp (but not slimy!), you can bring it back to life. Submerge it in a bowl of **ice water** for 15-30 minutes. It will often crisp right back up.
- **Stale Bread?** Don't toss it.
  - Tear it into small pieces, toss with a tiny bit of oil (if you have it), salt, and garlic powder, and toast in the oven at 350°F (175°C) for 10-15 minutes to make **croutons** for soup.



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- Use it to make **French toast** or a bread pudding.
- **Broccoli Stems?** The stems are just as nutritious as the florets! Don't throw them away. Peel the tough outer layer with a knife, chop the tender inside, and add it to your soup, skillet, or stir-fry.

### **Make "Free" Vegetable Broth**

This is a game-changer for adding flavor to rice, soups, and pasta for free.

1. Keep a large bag or container in your **freezer**.
2. Add your clean vegetable scraps to it every time you cook. Good scraps include:
  - Onion skins and ends
  - Carrot peels and ends
  - Celery ends and leaves
  - Garlic skins
  - Mushroom stems
3. When the bag is full, dump it into a pot, cover it with water, add a little salt, and **simmer** for 1-2 hours.
4. Strain the liquid. You now have a delicious, "free" broth. Ensure there are no bits of scraps left in the broth

### **How to Store Fruits and Vegetables So They Last**



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Storing fruits and vegetables correctly can give you days or even weeks of extra time. For a more comprehensive list, visit the source of the picture below or check Appendix A.  
<https://www.seattle.gov/documents/Departments/SPU/FruitandVegetableStorageGuide.pdf>

# Fruit & Vegetable Storage Guide

How to make your food last longer and keep it from going to waste.

**IN THE CUPBOARD**

**Apples**  
Store loose and away from other produce

**Onions**  
Store loose or in a mesh bag separate from potatoes

**IN THE FRIDGE**

**Leafy Herbs**  
Store in a glass of water with a plastic bag over the top

**Bananas**  
Store separate from other produce

**IN THE CUPBOARD**

**Potatoes**  
Store loose or in a paper bag separate from onions

**Orange**  
Store loose in crisper drawer

**Cabbage**  
Store loose in crisper drawer

**Food Safety Basics**

Seattle Public Utilities

**LOVE FOOD STOP WASTE**

INSIDE: TIPS FOR PREVENTING FOOD WASTE THAT CAN SAVE YOU MONEY ON GROCERIES

## Washing your hands



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1. **CLEAN:** Wash your hands, surfaces, and produce.

## Food Safety

### Handwashing Procedures:

- ✓ Wash hands for 20 seconds with antibacterial soap and warm water, then dry with paper towels:

1. Upon entering the kitchen or food prep area.
2. After handling raw meat, fish, poultry, or eggs.
3. After wiping face, hair, sneezing or coughing in hands.
4. After smoking, eating, handling garbage, using the telephone, and any other time hands are possibly contaminated.
5. After using the restroom (wash hands in the restroom and again when returning to kitchen).



1. Wet your hands with running water as hot as you can comfortably stand (at least 100°F/85°C).



2. Apply soap.



3. Vigorously scrub hands and arms for at least ten to 15 seconds. Clean under fingernails and between fingers.



4. Rinse hands and arms thoroughly under running water.



5. Dry hands and arms with a single-use paper towels or warm air hand dryer. Use a paper towel to turn off the faucet. When in a restroom, use a paper towel to open the door.

Source:

<https://ehs.dph.ncdhhs.gov/faf/docs/enfmanstrat/HandwashingProceduresSign.pdf>

2. **SEPARATE:** Keep raw meat, poultry, and eggs separate from ready-to-eat foods to avoid cross-contamination.
3. **COOK:** Cook food to the proper internal temperature.



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Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Ground Meats	160 degrees F (71.1 degrees C)
Ground Poultry	165 degrees F
Ham, Fresh or Smoked (Uncooked)	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to Reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F (60 degrees C) and all others to 165 degrees F (73.9 degrees C).
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing)	165 degrees F (73.9 degrees C)
Eggs	160 degrees F (71.1 degrees C)
Fish & Shellfish	145 degrees F (62.8 degrees C)
Leftovers	165 degrees F (73.9 degrees C)
Casseroles	165 degrees F (73.9 degrees C)

Source:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

4. **CHILL:** Refrigerate leftovers promptly. For specific shelf-life time frames in the refrigerator and freezer for foods, see Appendix B or visit: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

## Appendix A

### Fruit and Vegetable Storage Guide



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# Fruit & Vegetable Storage Guide



## Where to Store

These guidelines help to achieve ideal temperature and moisture levels, which vary by produce item.

### 4 Places to Store

Counter  
Cupboard/Pantry  
Fridge (anywhere)  
Fridge – crisper drawer







## How to Store

Most of these guidelines help to balance moisture with airflow for different produce items. For example, reducing airflow by storing in a sealed container increases moisture, while storing loose or in a paper bag decreases it.



### Did you know

Apples keep ripening after they're picked, so keeping them in the fridge will preserve them better.

Fruit/Vegetable	Where to Store It	How to Store It
 <b>Acorn Squash</b>	<b>Cupboard/Pantry</b>	Store loose.
 <b>Apples</b>	<b>Fridge</b>	Separate from other produce.
 <b>Apricots</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Artichokes</b>	<b>Fridge</b>	Store in a plastic bag or sealed container.
 <b>Arugula</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Asparagus</b>	<b>Fridge</b>	Remove bands and ties. Store upright in a glass of water with a plastic bag over the top.





### Tips and Tricks

To make cut avocados last longer, leave pit in and brush surface with lemon or lime juice. Refrigerate in a sealed container.














### Did you know

Like many fruits, bananas give off ethylene gas, which can cause nearby produce to spoil. Keeping bananas separate helps ensure a longer shelf life for other items.



### Did you know

Wondering why a **dry towel** is recommended for some items? For those that shouldn't get too moist, dry towels help absorb unneeded dampness.

Fruit/Vegetable		Where to Store It	How to Store It
	<b>Avocados</b>	Ripen on counter, then store in fridge.	Store loose.
	<b>Bananas</b>	Counter	Store away from other fruits and vegetables.
	<b>Basil</b>	Counter	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
	<b>Beans</b>	Fridge	Store in a plastic bag or sealed container.
	<b>Beets</b>	Fridge	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
	<b>Bell Peppers</b>	Fridge – crisper drawer	Store loose.
	<b>Berries</b> (examples: blueberries, strawberries)	Fridge	Store in a shallow container lined with a dry towel; leave lid slightly cracked for air circulation. Wash only when ready to eat.
	<b>Bok Choy</b>	Fridge	Remove bands and ties. Store in a sealed container lined with a damp towel.
	<b>Broccoli, Broccolini</b>	Fridge – crisper drawer	Wrap in a damp towel.
	<b>Broccoli Rabe</b>	Fridge	Remove bands and ties. Store in a sealed container lined with a damp towel.
	<b>Brussel Sprouts</b>	Fridge – crisper drawer	Store in a sealed container.



















### Did you know

Wondering why some instructions suggest a **damp towel**? For items that need a bit more moisture, damp towels help preserve proper humidity.



### Tips and Tricks

Many fruits give off a gas that makes other produce spoil, so storing **fruits and veggies in separate crisper drawers** can help prevent veggies from ripening too quickly.

Fruit/Vegetable	Where to Store It	How to Store It
 <b>Butternut Squash</b>	<b>Cupboard/Pantry</b>	Store loose.
 <b>Cabbage</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Cantaloupe</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Carrots</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see “Leafy Greens”).
 <b>Cauliflower</b>	<b>Fridge – crisper drawer</b>	Store in a plastic bag or sealed container.
 <b>Celery</b>	<b>Fridge</b>	Store in a sealed container.
 <b>Chard</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Cherries</b>	<b>Fridge</b>	Store in a plastic bag or sealed container. Wash only when ready to eat.
 <b>Chives</b>	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
 <b>Cilantro</b>		
 <b>Citrus Fruits</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Collard Greens</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Corn</b>	<b>Fridge</b>	Store loose.
 <b>Cucumbers</b>	<b>Fridge – crisper drawer</b>	Store loose.



#### 4 Basic Tools



Container with tight-fitting lids



Cloth or paper towel



Glass or cup
















Paper bag



#### Did you know

One rotten grape can spoil the rest. With grapes – as with cherries and all berries – remove rotting fruit before storing.

Fruit/Vegetable	Where to Store It	How to Store It
 <b>Daikon Radish</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
 <b>Dandelion Greens</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Dill</b>	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
 <b>Eggplant</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Endive</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Escarole</b>		
 <b>Garlic</b>	<b>Cupboard/Pantry</b>	Store loose.
 <b>Grapefruit</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Grapes</b>	<b>Fridge</b>	Store in a sealed container. Wash only prior to eating.
 <b>Green Beans</b>	<b>Fridge</b>	Store in a plastic bag or sealed container.
 <b>Green Onions</b>	<b>Fridge</b>	Wrap in a damp towel.
 <b>Herbs, leafy</b> (examples: cilantro, parsley)	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top. Exception: See "Basil."
 <b>Herbs, woody</b> (examples: rosemary, sage)	<b>Fridge</b>	Remove bands and ties. Wrap in a damp towel and store in a sealed container.

Fruit & Vegetable Storage Guide 



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

### Did you know

To **spruce up greens** that have gone limp, immerse them in ice water for 30 minutes or place upright in a glass of water for a few hours.



### Tips and Tricks

Once cut, store melon in a sealed container or cover with plastic film and refrigerate.

Fruit/Vegetable	Where to Store It	How to Store It
 <b>Honeydew</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Hot Peppers</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Kale</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Kiwi</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Leafy Greens</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Leeks</b>	<b>Fridge – crisper drawer</b>	Wrap in a damp towel.
 <b>Lemons</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Lettuce</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Limes</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Mangos</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Marjoram</b>	<b>Fridge</b>	Remove bands and ties. Wrap in damp towel and store in a sealed container.
 <b>Melons</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Mint</b>	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
 <b>Mushrooms</b>	<b>Fridge</b>	Store in a paper bag.



















### Did you know

Wondering what's the use of **paper bags**? For produce that shouldn't get too damp, paper bags help absorb moisture without letting produce dry out completely.



### Tips and Tricks

To help partially-eaten peppers last longer, store inside a sealed container with seeds and stems attached.

Fruit/Vegetable	Where to Store It	How to Store It
 <b>Mustard Greens</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
 <b>Nectarines</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Okra</b>	<b>Fridge</b>	Store in a paper bag.
 <b>Onions</b>	<b>Cupboard/Pantry</b>	Store loose or in a mesh bag separate from potatoes.
 <b>Oranges</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Oregano</b>	<b>Fridge</b>	Remove bands and ties. Wrap in a damp towel and store in a sealed container.
 <b>Parsley</b>	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
 <b>Parsnips</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
 <b>Peaches</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Pears</b>		
 <b>Peas</b>	<b>Fridge</b>	Store in a sealed container.
 <b>Peppers</b>	<b>Fridge – crisper drawer</b>	Store loose.
 <b>Pineapple</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
 <b>Plums</b>		





**Did you know**

Sulphur gas from onions makes potatoes spoil faster, so separating the two can help potatoes last longer.



**Did you know**

Berries can be more susceptible to mold than some other fruits, and too much moisture is often the culprit. Storing in an unsealed container increases air circulation and helps prevent mold, as does washing only prior to eating.

Fruit/Vegetable	Where to Store It	How to Store It
<b>Pomegranates</b>	<b>Fridge</b>	Store loose.
<b>Potatoes</b>	<b>Cupboard/Pantry</b>	Store loose or in a paper bag separate from onions.
<b>Pumpkins</b>	<b>Cupboard/Pantry</b>	Store loose.
<b>Radicchio</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.
<b>Radishes</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
<b>Raspberries</b>	<b>Fridge</b>	Store in a shallow container lined with a dry towel; leave lid slightly cracked for air circulation. Wash only when ready to eat.
<b>Rhubarb</b>	<b>Fridge</b>	Wrap in a damp towel.
<b>Root Vegetables</b>	<b>Fridge</b>	Store in a sealed container with a dry towel.
<b>Rosemary</b>	<b>Fridge</b>	Remove bands and ties. Wrap in damp towel and store in a sealed container.
<b>Rutabagas</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
<b>Sage</b>	<b>Fridge</b>	Remove bands and ties. Wrap in damp towel and store in a sealed container.
<b>Scallions</b>	<b>Fridge</b>	Wrap in a damp towel.
<b>Spinach</b>	<b>Fridge</b>	Remove bands and ties. Store in a sealed container lined with a damp towel.


















**Tips and Tricks**

Once cut, refrigerate winter squash in a plastic bag or sealed container to extend shelf life.



**Tips and Tricks**

Want those tomatoes to ripen quicker? Place inside a paper bag with an apple and leave on the counter until they're ripe.

Fruit/Vegetable	Where to Store It	How to Store It	
	<b>Sprouts</b>	<b>Fridge</b>	Store in a sealed container.
	<b>Stone Fruits</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
	<b>Strawberries</b>	<b>Fridge</b>	Store in a shallow container lined with a dry towel; leave lid slightly cracked. Wash only when ready to eat.
	<b>Squash, Summer</b>	<b>Fridge</b>	Wrap whole or cut ends in a damp towel.
	<b>Squash, Winter</b>	<b>Cupboard/Pantry</b>	Store loose.
	<b>Tarragon</b>	<b>Fridge</b>	Remove bands and ties. Trim stems and store upright in a glass of water with a plastic bag over the top.
	<b>Thyme</b>	<b>Fridge</b>	Remove bands and ties. Wrap in damp towel and store in a sealed container.
	<b>Tomatillos</b>	<b>Fridge</b>	Store in a paper bag.
	<b>Tomatoes</b>	<b>Ripen on counter, then store in fridge.</b>	Store out of direct sunlight.
	<b>Turnips</b>	<b>Fridge</b>	Store in a sealed container with a dry towel. Store green tops separately (see "Leafy Greens").
	<b>Watermelon</b>	<b>Ripen on counter, then store in fridge.</b>	Store loose.
	<b>Wax Beans</b>	<b>Fridge</b>	Store in a plastic bag or sealed container.
	<b>Zucchini</b>	<b>Fridge</b>	Wrap whole or cut ends in a damp towel.



# Appendix B

## Cold Storage Chart

Source:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

## Cold Storage Chart

Cold Storage Chart			
Preparation	Type or Description	Refrigerate (40 °F)	Freeze (0 °F) *
Beef, Lamb, Pork, Veal			
Fresh beef, lamb, veal and pork	Ground, hamburger, stew meat, variety meat (tongue, liver, heart, kidney, chitterlings)	1-2 days	3-4 months
	Chops, roasts, steaks	3-5 days	4-12 months
	Chops, pre-stuffed	1 day	Does not freeze well
Leftovers	Including casseroles	3-4 days	2-3 months
Corned Beef	In pouch, with pickling juices	5-7 days	Drained, 1 month
Bacon	Bacon	7 days	1 month
Ham (Pre-Cooked)			
Fully Cooked	Slices	3-4 days	1-2 months
	Half	3-5 days	1-2 months
	Whole	7 days	1-2 months
Canned Labeled "Keep Refrigerated"	Opened	3-5 days	1-2 months
	Unopened	6-9 months	Do not freeze
Vacuum sealed	Unopened, fully cooked vacuum sealed, dated	"Use-by" date	1-2 months
	Unopened, fully cooked vacuum sealed, undated	2 weeks	1-2 months



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Chicken, Turkey, Other Poultry			
Fresh	Chicken breast, pre-stuffed	1 day	Does not freeze well
	Ground, patties, giblets	1-2 days	3-4 months
	Pieces	1-2 days	9 months
	Whole	1-2 days	1 year
Leftovers	Casseroles	3-4 days	4-6 months
	Chicken nuggets, patties	1-2 days	1-3 months
	Pieces, plain or fried	3-4 days	4 months
	Pieces in broth or gravy	3-4 days	6 months
Eggs			
Fresh	In shell	3-5 weeks	Do not freeze
	Yolk, whites	2-4 days	1 year
Leftovers	Casserole, quiche, omelet	3-4 days	2 months
	Hard-cooked	1 week	Does not freeze well
Opened	Liquid pasteurized eggs, egg substitutes	3 days	Does not freeze well
Unopened	Liquid pasteurized eggs, egg substitutes	10 days	1 year
Sausages, Lunch Meats			
Hard Sausage	Jerky sticks, pepperoni	2-3 weeks	1-2 months
Raw Sausage	Beef, chicken, pork, turkey	1-2 days	1-2 months
Smoked Sausage	Breakfast links, patties	7 days	1-2 months
Lunch Meat	Deli-sliced or store-prepared	3-5 days	1-2 months



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Unopened	Hot dogs	2 weeks	1-2 months
	Lunch meat—vacuum-packed, sliced	2 weeks	1-2 months
	Summer sausage labeled "keep refrigerated"	3 months	1-2 months
Seafood			
Fresh	Fish	1-2 days	3-8 months
	Shellfish	1-2 days	3-12 months
Leftovers	Fish and shellfish	3-4 days	3 months
Miscellaneous			
Frozen Dinners and Entrees	"Keep frozen"	Unsafe to thaw	3-4 months
Mayonnaise	Commercial, "refrigerate after opening"	2 months	Do not freeze
Other Leftovers	Gravy and meat broth	3-4 days	2-3 months
	Pizza	3-4 days	1-2 months
	Soups and stews	3-4 days	2-3 months
	Stuffing	3-4 days	1 month
Salads	Egg, chicken, ham, macaroni, tuna (store-prepared, homemade)	3-5 days	Does not freeze well



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