

USE BY...

Grocery items organized by perishability

COLUMN 1

2-4 days

Raspberries
Strawberries
Bananas
Arugula
Spring greens
Shredded cabbage
Green onions*
Cilantro*
Shrimp (thawed)
Fish (thawed)

*stored in plastic bags

**stored upright in water

COLUMN 2

1 week

Peaches
Pears
Spinach
Romaine
Kale*
Iceberg lettuce
Green beans
Fresh meats
Unpasteurized milk
Broccoli
Blueberries
Tomatoes
Avocado
Bell peppers
Cucumber
Zucchini
Cheese (shredded/sliced)
Lunchmeat
Bread
Corn on the cob
Jalapeños
Snap or snow peas
Mushrooms
Grapes
Flash pasteurized milk
Cilantro**

COLUMN 3

2-4 weeks+

Kale**
Green onions**
Fresh Parmesan
Most block cheeses
Most root vegetables
(carrots, radishes, beets)
Onions
Brussels sprouts (whole)
Cabbage (whole)
Apples
Celery*
Oranges (refrigerated)
Winter Squash
Eggs
Yogurt
Sour cream
Potatoes
Ultra pasteurized milk
Almond milk
Lemons/limes
Lemon/lime juice
Celery**
Mayo (once opened)
Ranch (once opened)
Frozen items
Pantry items

