

# Follow me TO BE HEALTHY!



## #400GCHALLENGE

### HOW TO BEST KEEP YOUR FRUIT AND VEG

Fruit and veg are best enjoyed fresh but contrary to what we may think, frozen fruit and veg are just as full of nutrients as fresh ones (sometimes even more!). To maximise their nutrients, it's important to store them properly. While how long fruit and veg will last depends on specifics like the type of produce, season, and other post-harvest factors, here are some general tips on the best way of storing them. If it's too late and your produce is already too ripe, try composting it! Some cities have already set up shared composting bins.

#### STORE IN THE FRIDGE!

BERRIES, CABBAGES, MUSHROOMS, SALADS, AUBERGINES, COURGETTES, PEPPERS, GREEN BEANS, TURNIPS, RADISHES.

*But most fruit and veg can be stored both at room temperature for a few days and in the fridge for a bit longer.*

#### STORE AT ROOM TEMPERATURE

MANGOES, BANANAS, TOMATOES, CITRUS FRUIT, SWEET POTATOES, GOURDS, ONIONS...

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A HEALTHY LIFESTYLE.



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