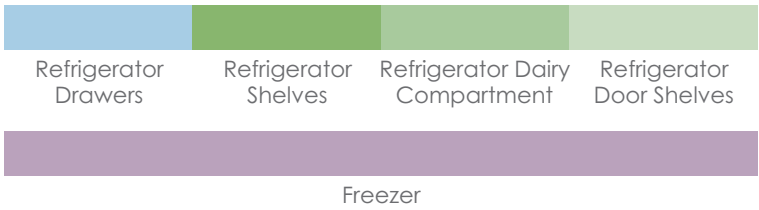




FOOD PRESERVATION



Food Preservation Tips—To reduce the risk of spoilage, minimize food handling. Store fruits and vegetables separately. Store meats in the original packaging; once opened, re-wrap tightly.

Ethylene Gas—Many fresh foods emit ethylene gas, a naturally-occurring compound that hastens food ripening and spoilage. Sub-Zero refrigerators come with an air purification system (based on technology developed by NASA) that scrubs the air of ethylene and odor every 20 minutes. To reduce spoilage, do not store ethylene-producing fruits and vegetables with those that are ethylene-sensitive.

e⁺ Indicates an ethylene-producing food.

e⁻ Indicates an ethylene-sensitive food.

Humidity—The optimal humidity varies for different foods. To keep food fresher longer, store foods in the areas designated below. Blocks of color on the chart correspond with storage areas shown above. White indicates countertop storage.

Note: Foods in red text should be ripened on the counter before refrigerated.

NOTE: Foods in blue text should not be refrigerated.

Type of Food	Ecode	Optimum Storage Fresh	Optimum Storage Frozen
Artichokes		1-2 weeks	Freezing fresh vegetables is not recommended.
Asparagus		2-3 weeks	
Bean sprouts		7-9 days	
Beans (green or lima)	e ⁻	7-10 days	
Beets without tops		3-4 months	
Bok choy	e ⁻	3 weeks	
Broccoli	e ⁻	1-2 weeks	
Cabbage	e ⁻	3-6 weeks	
Carrots	e ⁻	1-5 months	
Cauliflower	e ⁻	3-4 weeks	
Celery		1-2 months	
Corn		5-8 days	
Cucumbers	e ⁻	10-14 days	
Eggplant	e ⁻	1-2 weeks	
Fresh herbs	e ⁻	1-3 weeks	
Garlic		6-7 months	
Ginger		6 months	
Jicama		1-2 months	
Kale	e ⁻	1-2 months	
Leeks		2 months	
Lettuce	e ⁻	2-3 weeks	
Mushrooms		1-2 weeks	
Onions		1-6 months	
Parsley	e ⁻	1-2 months	
Peas (sugar/snap/snow)	e ⁻	1-2 weeks	
Peppers (bell or chile)	e ⁻	2-3 weeks	
Potatoes		5-10 months	
Radishes		1-2 months	
Shallots		6 months	
Spinach	e ⁻	10-14 days	
Squash (soft rind)	e ⁻	1-2 weeks	
Tamarillos		7-10 days	
Water chestnuts		2-4 months	



Refrigerator Drawers

Refrigerator Shelves

Refrigerator Dairy Compartment

Refrigerator Door Shelves

Freezer

Type of Food	Ecode	Optimum Storage Fresh	Optimum Storage Frozen
Fresh Fruits	Apples	e ⁺	1-2 months
	Apricots	e ⁺	1-2 weeks
	Avocados	e ⁺	2-4 weeks
	Bananas	e ⁻	1-4 weeks
	Blueberries		10-18 days
	Cantaloupe	e ⁺	2-3 weeks
	Cherries		2-3 weeks
	Figs	e ⁺	7-10 days
	Grapefruit		6-8 weeks
	Grapes		2-3 weeks
	Honeydew melon	e ⁻	3-4 weeks
	Kiwifruit	e ⁻	4-6 weeks
	Lemons		1-6 months
	Limes		6-8 weeks
	Mangos	e ⁺	2-3 weeks
	Nectarines	e ⁺	2-4 weeks
	Oranges		3-8 weeks
	Peaches		2-4 weeks
	Pears	e ⁺	2-3 weeks
	Pineapple		2-4 weeks
Plums	e ⁺	2-5 weeks	
Raspberries		3-6 days	
Strawberries		7-10 days	
Tomatoes	e ⁺	1-3 weeks	

Freezing fresh fruits is not recommended.

Eggs/Deli	Eggs (fresh)	3 weeks	Freezing eggs and deli products is not recommended.
	Egg substitute (opened)	3 days	
	Egg, tuna, or ham salad	3-5 days	
	Lunch meat, thinly sliced	1-2 days	

Soups	Stew with meat	3-4 days	2-3 months
	Vegetable soup	3-4 days	2-3 months

Meats, Fish, and Poultry	Bacon	7 days	1 month
	Beef steaks, roast	3-5 days	6-12 months
	Bluefish, perch	2 days	2-3 months
	Corned beef	5-7 days	1 month
	Ham (whole)	7 days	1-2 months
	Hamburger	1-2 days	3-4 months
	Meat dishes (cooked)	3-4 days	2-3 months
	Pork and veal chops	3-5 days	4-6 months
	Poultry (cooked)	3-4 days	4-6 months
	Poultry (raw)	1-2 days	9 months
	Salmon, mackerel	4 days	5-9 months
	Sausage (raw)	1-2 days	1-2 months
	Shrimp	1 day	6 months
	Smoked breakfast links, patties	7 days	1-2 months

Dairy	Butter	3 months	1 year
	Cottage cheese	1-2 weeks	4 weeks
	Cream cheese	2 weeks	Not recommended
	Process cheese	3-4 weeks	6-8 months
	Whole or skim milk	1-2 weeks	Not recommended
	Yogurt	1 month	Not recommended



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