

Food Storage Tips

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Ethylene-Producing and Ethylene-Sensitive Foods

Store ethylene-producing foods at least 15 to 20 centimetres (6 to 8 inches) away from ethylene-sensitive foods.

Ethylene Producing

- Apples
- Avocado
- Bananas (ripe)
- Figs
- Grapes
- Kiwi
- Melons
- Peaches
- Pears
- Peppers
- Potatoes
- Sweet Potatoes
- Tomatoes

Ethylene Sensitive

- Asparagus
- Bananas (unripe)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Herbs
- Leafy greens
- Onions
- Squash
- Zucchini

Neutral

- Berries
- Cherries
- Citrus fruits
- Green beans
- Pineapple

Freezer-Life of Foods

Produce

- Fruits: 8-12 months
- Vegetables: 8-12 months

Dairy

- Butter: 6-9 months
- Margarine: 6-9 months
- Hard cheese: 2 months
- Milk: 3 months

Meat

- Bacon: 1 month
- Beef steaks & roasts: 12 months
- Chicken, turkey, lamb: 9 months
- Deli meats: 1-2 months
- Ground beef: 4 months
- Pork chops: 6 months
- Sausage: 1-2 months

