Large shelf talker signs: For best results, print these cards on heavyweight paper, such as card stock. Cut out each card along the dashed black lines, and fold along dashed gray line. Score them to make them easier to fold, and laminate them so they will last longer. Scoring and lamination can be done at most copy centers.

How to select and store...

apples

- Buy firm, brightly colored apples with smooth skin and no soft spots.
- Store in refrigerator in crisper drawer or in plastic bags with holes to prevent over-ripening.

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Place near apples.
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**How to select and store avocados**

- Look for shiny skin. Ripe, ready-to-eat avocados will yield to slight pressure when gently squeezed. Handle carefully to avoid bruising.
- Avocados continue to ripen at room temperature. Once ripe, refrigerate to keep a few more days.
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**Did you know...**

**baked chips have:**

- fewer calories
- the same great crunch
- the same price as regular chips?

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How to select and store... bananas

- Fully ripe bananas are yellow with a few brown spots. Avoid bruised or soft, mushy bananas. Handle carefully to avoid bruising.
- Bananas with some green will ripen in 1–2 days at room temperature. Refrigerating will slow ripening and darken peel.
- Freeze peeled bananas for smoothies and baking.
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How to select and store... berries

- Buy brightly colored berries that show no signs of mold or juice stains on box.
- Soft berries such as raspberries, blackberries and strawberries keep best if spread in a single layer on a plate or pan in the refrigerator. Wash just before using.
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How to select and store...

**citrus fruits — oranges, lemons, limes**

- Buy bright, shiny fruit that feels firm and heavy for its size.
- Store in the coldest part of refrigerator.

Place near oranges, lemons, limes or other citrus fruits.
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How to select and store

lettuce and other leafy greens

- Buy crisp greens with no brown edges, discolored spots or bug damage.
- Store unwashed in a plastic bag in the refrigerator.

Place near lettuce or other leafy greens.
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**How to select and store...**

**melons**

- Buy melons that smell sweet, have a slight dent where the stem slipped off the melon, and have no bruising or soft spots.
- Store melons in the refrigerator, and wash thoroughly with tap water before cutting.
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How to select and store...

**onions**

- Buy firm onions with dry, papery skins and that show no signs of sprouting.
- Store at room temperature in a mesh bag or an open bin or basket separate from other fruits and vegetables.

Place near onions.
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How to select and store...

potatoes

- Buy firm potatoes without signs of sprouting or a greenish tint.
- Store at room temperature away from light.

How to select and store...

potatoes

- Buy firm potatoes without signs of sprouting or a greenish tint.
- Store at room temperature away from light.
Large shelf talker signs: For best results, print these cards on heavyweight paper, such as card stock. Cut out each card along the dashed black lines, and fold along dashed gray line. Score them to make them easier to fold, and laminate them so they will last longer. Scoring and lamination can be done at most copy centers.

How to select and store tomatoes:
- Buy tomatoes with bright, shiny, firm skin.
- Store at room temperature away from direct sunlight.