

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.

Place near apples.

Place near apples.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near avocados.

Place near avocados.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near chips.

Place near chips.

Did you know...

baked chips have:

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



UNIVERSITY OF MISSOURI EXTENSION

Did you know...

baked chips have:

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



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near bananas or candy bars.

Place near bananas or candy bars.

Did you know...

buying a banana is cheaper and healthier than buying a candy bar?

Banana: /ea.

Candy bar: /ea.



UNIVERSITY OF MISSOURI EXTENSION

Did you know...

buying a banana is cheaper and healthier than buying a candy bar?

Banana: /ea.

Candy bar: /ea.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near bananas.

Place near bananas.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near fresh berries.

Place near fresh berries.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near oranges, lemons, limes or other citrus fruits.

Place near oranges, lemons, limes or other citrus fruits.

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.



Stock Healthy  **Shop Healthy**

UNIVERSITY OF MISSOURI EXTENSION

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.



Stock Healthy  **Shop Healthy**

UNIVERSITY OF MISSOURI EXTENSION

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.

Place near lettuce or other leafy greens.

Place near lettuce or other leafy greens.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near any type of melon.

Place near any type of melon.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near onions.

Place near onions.

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.



UNIVERSITY OF MISSOURI EXTENSION

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.



UNIVERSITY OF MISSOURI EXTENSION

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.

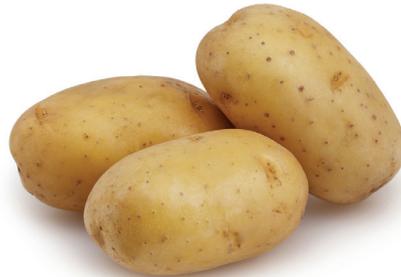
Place near potatoes.

Place near potatoes.

How to select and store...

potatoes

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

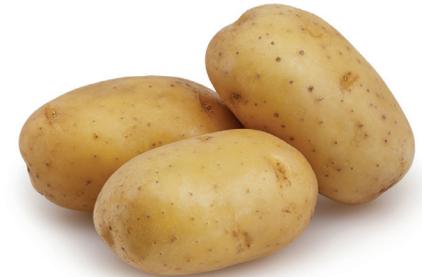


UNIVERSITY OF MISSOURI EXTENSION

How to select and store...

potatoes

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



UNIVERSITY OF MISSOURI EXTENSION

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.

Place near fresh tomatoes.

Place near fresh tomatoes.

How to select and store...

tomatoes

- Buy tomatoes with bright, shiny, firm skin.
- Store at room temperature away from direct sunlight.



UNIVERSITY OF MISSOURI EXTENSION

How to select and store...

tomatoes

- Buy tomatoes with bright, shiny, firm skin.
- Store at room temperature away from direct sunlight.



UNIVERSITY OF MISSOURI EXTENSION