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Fresh Just Got Smarter



High
(both vents open)

Artichoke
Broccoli
Brussels Sprouts
Endive
Peas (including Fresh Peas and Snow Peas)
Spinach
Sweet Corn, dehusked

Vegetables

Refrigerate immediately in Tupperware FridgeSmart™ containers.



Medium
(one vent open, one closed)

Beans (including Snap Beans and String Beans)
Cabbage
Cauliflower
Fresh Herbs
Fresh Shallot
Green Onion
Greens (Collard, Kale and Swiss Chard)
Leek
Lettuce, all types



Low
(both vents closed)

Asparagus
Beet Root
Button Mushroom
Carrot (including Baby Carrot)
Celery
Cucumber
Okra
Radish
Rutabaga
Summer Squash
Turnip
Zucchini

Fruits

Apple, ripe
Citrus (including Grapefruit, Orange, Mandarin, Lemon, Tangerine and Lime)
Pear, ripe
Peppers (including Bell, Sweet, Hot and others)

Ripe Berries
Ripe Tomato
All other ripe fruit not included in medium category
All fresh cut fruit

Dry Garlic, Mature Onion, Potato (including Sweet), and Winter Squash are not recommended for refrigerator storage.

Tupperware[®]

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Lo Fresco Ha Mejorado



Altamente Perecederos
(ambos respiraderos abiertos)

Alcachofa/Alcaucil
Brécol/Brócoli
Coles de Bruselas
Escarola/Endivia
Arvejas/Guisantes
(Frescos y Tirabeque/
"Snow Peas")
Espinaca
Maíz/Elote Dulce, desgranado

Vegetales

Refrigera inmediatamente en los recipientes Tupperware FridgeSmart™



Medinamente Perecederos
(uno abierto el otro cerrado)

Habichuelas/Ejotes/Judías tiernas o verdes,
Frijoles, Habas, Vainitas
Col/Repollo
Coliflor
Ascalonias frescas/Chalotes
Cebollines/Cebollita China
Hortalizas (Col Rizada, Acelga,
Berza Común)
Puerros
Lechugas de todo tipo



Poco Perecederos
(ambos cerrados)

Espárragos
Betarraga/Remolacha
Hongos ("Button")
Zanahorias (también "Baby Carrots")
Apio
Pepinos
Quimbombó "Okra"
Rabanitos
Rutabaga/Nabo de Suecia
Zapallitos/Calabacitas
Nabos
Zucchini

Manzana maduras
Cítricos (Toronja/Pomelo, Naranja, Mandarina,
Limón, Lima, Tangerina)
Peras maduras
Pimientos ("Bell", dulces, picantes y otros)

Cerezas/Fresas Maduras
Tomates Maduros
(no incluidas en la categoría
moderada)
Fruta fresca cortada

Frutas

No se recomienda almacenar en el refrigerador: Ajo Seco, Cebolla Madura, Papas/Patatas (Camotes) y Calabaza/Zapallo "Winter Squash".

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