

Produce Handling Overview

- Temperature is the single most important factor in maintaining and maximizing produce quality.
- For every 10 degrees increase in temperature, a produce item can lose up to half of its life.
- Every operator must be aware of temperatures in their receiving, storage, and prep areas and temps should be checked on a regular basis.
- The correct temperature for Fresh Cut vegetables is between 34—40 degrees. Store product in its original bags or shipping cartons.

Produce Storage Guide

"To help you maximize your produce freshness & yield"

FIFO

Proper rotation practices must be followed in order to keep produce fresh. Simply write the delivery date on the outside of every carton received and store the cartons so the date can be easily read. The oldest product should always be used first according to the FIFO method

FIRST IN FIRST OUT

Zone 1

Zone 1 is the coldest part of the walk-in cooler. Typically this will be as far from the entry door to the kitchen as possible and on a lower shelf.

Apples	Carrots	Mushrooms
Artichokes	Cauliflower	Parsley
Asparagus	Celery	Pears
Avocados	Cilantro	Peas
Beans, Green	Corn	Radish
Beets	Cucumbers	Raspberries
Blackberries	Garlic Peeled	Spinach
Blueberries	Grapes	Strawberries
Bok Choy	Green Onions	Stone Fruit
Broccoli	Herbs (most)	All Processed
Cabbage	Kale	
Cantaloupe	Lettuce	

Zone 4

Zone 4 is in the Dry Storage area, off of the ground. Target ambient room temperature is from 60-75 degrees F.

Bananas
Garlic, Whole
Potatoes
Red Onions
Yellow Onions
Tomatoes
Yams

Zone 3

Zone 3 is in the warmest part of the walk-in cooler and is covered or sealed. Typically this will be on a high shelf and closest to the entry door.

Cucumbers
Eggplant
Ginger Root
Honeydew
Peppers
Pineapple
Sweet Onions
Squash

Zone 2

Zone 2 is the warmest part of the walk-in cooler. Typically this will be on a high shelf and closest to the entry door.

Grapefruit
Lemons
Limes
Oranges

