

Buying and Handling Fresh Produce

Produce will keep fresh longer with careful purchasing and handling.

Purchase

- Make a list of fruits and vegetables for your store.
- Start with small amounts of new foods to learn which sell best.
- Change your selection when seasons and prices change.
- Offer smaller pieces of fruit and vegetables for children.
- Many produce items, such as apples, avocados and oranges, are sold by size or count (the number of pieces in a box).
Example: 100 count apples = 100 apples in a box = smaller apples
50 count apples = 50 apples in a box = bigger apples
Higher counts mean the fruit is smaller because more fit in the box.

Buy local, seasonal fruits and vegetables whenever possible.

Check for signs of spoiling and remove items that have gone bad.

Inspect

- Examine produce, if possible, before buying. Look for bruises, dents or spoiled spots. Tell the vendor if you find these.
- Do not buy a fruit or vegetable if the core has black spots or the stem is soft.
- Look for mold on citrus and tropical fruit. If you see white on the skin, do not buy them.
- Fruits and vegetables should smell fresh. Produce that smells bad will not taste good.



Display

- First in, first out—display older produce in the front.
- Rotate your produce to maintain freshness.
- When unpacking produce, remove spoiled items.



Produce stocked first must be sold first!