



Food Preservation Tips—Minimize handling of food to reduce the risk of spoilage. Store vegetables in airtight containers or plastic wrap, and store aromatic fruits in plastic bags. Store meats in original packaging. Once meat is opened, rewrap tightly in plastic wrap or aluminum foil. For more information on Sub-Zero’s food preservation, visit subzero.com/fresh.

Ethylene Gas—Some fruits and vegetables produce ethylene, a gas associated with the ripening process. Ethylene can cause premature ripening in certain foods, while in others it can actually cause damage. To reduce spoilage, do not store ethylene-producing fruits and vegetables with those that are ethylene-sensitive.

e⁺ Indicates an ethylene-producing food.

e⁻ Indicates an ethylene-sensitive food.

Air Quality—Your Sub-Zero is equipped with an air purification system that reduces bacteria, viruses, odors, and ethylene gas in the air.

Humidity—The optimum humidity varies for different types of foods. Use the compartments designed for specific types of food to keep your foods fresher, longer. Blocks of color on the chart correspond with storage areas as shown on the refrigerator diagram above. White indicates that countertop storage is recommended.

For more information, please see your user manual.

Note: Foods listed in red text should be ripened on counter before refrigeration.

Note: Foods listed in blue text should not be refrigerated.

Type of Food	Ecode	Optimum Storage
Apples	e ⁺	1-2 months
Apricots	e ⁺	1-2 weeks
Avocados	e ⁺	2-4 weeks
Bananas	e ⁻	1-4 weeks
Blueberries		10-18 days
Cantaloupe	e ⁺	2-3 weeks
Cherries		2-3 weeks
Figs	e ⁺	7-10 days
Grapefruit		6-8 weeks
Grapes		2-3 weeks
Honeydew melon	e ⁻	3-4 weeks
Kiwifruit	e ⁻	4-6 weeks
Lemons		1-6 months
Limes		6-8 weeks
Mangos	e ⁺	2-3 weeks
Nectarines	e ⁺	2-4 weeks
Oranges		3-8 weeks
Peaches		2-4 weeks
Pears	e ⁺	2-3 weeks
Pineapple		2-4 weeks
Plums	e ⁺	2-5 weeks
Raspberries		3-6 days
Strawberries		7-10 days
Tomatoes	e ⁺	1-3 weeks



	Type of Food	Ecode	Optimum Storage
Fresh Vegetables	Artichokes		1-2 weeks
	Asparagus		2-3 weeks
	Bean sprouts		7-9 days
	Beans (green or lima)	e ⁻	7-10 days
	Beets without tops		3-4 months
	Bok choy	e ⁻	3 weeks
	Broccoli	e ⁻	1-2 weeks
	Cabbage	e ⁻	3-6 weeks
	Carrots	e ⁻	1-5 months
	Cauliflower	e ⁻	3-4 weeks
	Celery		1-2 months
	Corn		5-8 days
	Cucumbers	e ⁻	10-14 days
	Eggplant	e ⁻	1-2 weeks
	Fresh herbs	e ⁻	1-3 weeks
	Garlic		6-7 months
	Ginger		6 months
	Jicama		1-2 months
	Kale	e ⁻	1-2 months
	Leeks		2 months
	Lettuce	e ⁻	2-3 weeks
	Mushrooms		1-2 weeks
	Onions		1-6 months
	Parsley	e ⁻	1-2 months
	Peas (sugar/snap/snow)	e ⁻	1-2 weeks
	Peppers (bell or chile)	e ⁻	2-3 weeks
	Potatoes		5-10 months
	Radishes		1-2 months
Shallots		6 months	
Spinach	e ⁻	10-14 days	
Squash (soft rind)	e ⁻	1-2 weeks	
Tamarillos		7-10 days	
Water chestnuts		2-4 months	

Eggs/Deli	Eggs (fresh)	3 weeks
	Egg substitute (opened)	3 days
	Egg, tuna, or ham salad	3-5 days
	Lunch meat, thinly sliced	1-2 days

Soups	Stew with meat	3-4 days
	Vegetable soup	3-4 days

Meats, Fish, and Poultry	Bacon	7 days
	Beef steaks, roast	3-5 days
	Bluefish, perch	2 days
	Corned beef	5-7 days
	Ham (whole)	7 days
	Hamburger	1-2 days
	Meat dishes (cooked)	3-4 days
	Pork and veal chops	3-5 days
	Poultry (cooked)	3-4 days
	Poultry (raw)	1-2 days
	Salmon, mackerel	4 days
	Sausage (raw)	1-2 days
	Shrimp	1 day
Smoked breakfast links, patties	7 days	

Dairy	Butter	3 months
	Cottage cheese	1-2 weeks
	Cream cheese	2 weeks
	Process cheese	3-4 weeks
	Whole or skim milk	1-2 weeks
	Yogurt	1 month

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