

# freshness

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## CONTAINED



**CAMBRO**  
TRUSTED FOR GENERATIONS™

[www.cambro.com](http://www.cambro.com)

# store them right.



**Your profit is in serving food, not throwing it away.** Cambro understands how

critical it is to keep perishable foods in the best environment possible. Freshness

Contained is the perfect guide to help you confidently store your fruits and

vegetables in the safest way possible and in the right container every time!

Freshness Contained offers operators food storage solutions that are not

only designed to retain the freshness of perishable foods but also the quality,

appearance, flavor and nutritional value for as long as possible.



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food spoiling too quickly?  
increase your bottom line  
with proper food storage.

Food needs to look fresh when it's served.  
If it doesn't pass inspection in the kitchen,  
it's going to get tossed before it ever hits a plate.



According to a University of Arizona study  
**4–10%**  
of food purchased by restaurants,  
an estimated



per day in all full service restaurants, gets thrown out.



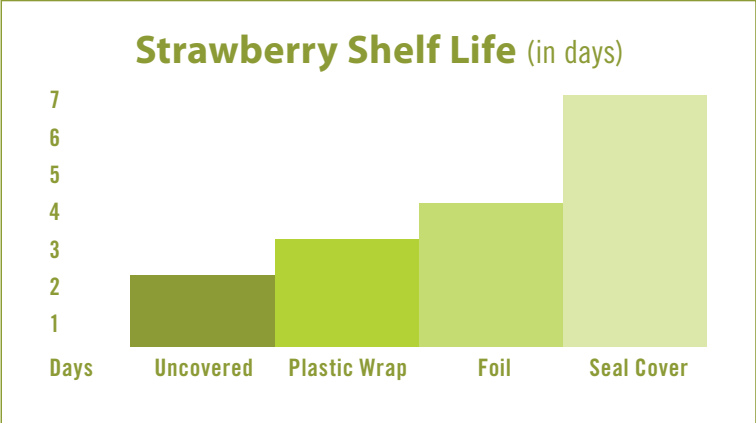
- INGREDIENTS
- LABOR
- OVERHEAD

NRA statistics show that food  
makes up about 1/3 of the typical,  
profitable restaurant's costs.  
So, what does that mean to you?

# HOW MUCH IS FOOD WASTE COSTING YOU?

**Your Total Budget x 33% x 5% = Cost of Food Waste**

Food spoilage is caused by a combination of air and oxygen, moisture, light, microbial growth, and temperature. What can you do? Control the food's environment as much as possible by keeping out air, additional moisture and microbial cross-contamination with a lid that seals onto a storage container, one such as the Cambro Seal Cover.



According to third party laboratory testing,  
the Seal Cover and a Cambro Food Pan  
can extend the shelf life of produce by

**2–3 days**

beyond storage with disposable wraps,  
foils or no cover at all.

# produce storage tips & suggested storage containers



## FRUIT

### Apples

**Relative Humidity:**  
90 – 95%



**Storing Tips:** Apples become soft if stored at room temperature. Keep them in the coolest part of your cooler, against the back wall. (They ripen 10 times faster at 70°F and 5 times faster at 40°F) Apples will pick up odors and flavors from other foods. They also give off ethylene gas and should be stored away from other fruits and vegetables affected by ethylene. Keep apples dry, do not rinse or sprinkle with water before storing.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

### Apricots

**Relative Humidity:**  
90%



**Storing Tips:** If apricots arrive unripened, store at room temperature to ripen. If ripe, refrigerate immediately. Ripe apricots should be used quickly since their shelf life is short.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



### Avocados

**Relative Humidity:**  
85 – 90%



**Storing Tips:** Ripen avocados at 67° – 70°F, then store at 40° – 45°F. Ripening can take from 3 to 10 days depending on the time of the year and whether or not it has been treated with ethylene. (Avocados exposed to ethylene ripen more quickly and can shorten the ripening time to 3 days in late season and 5 days in early season.) If avocados are stored below 40°F, the skin or pulp turns dark.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

### Bananas

**Relative Humidity:**  
85 – 90%



**Storing Tips:** Bananas should be ripened at 62° – 64°F, then stored at 60°F. Store in a dry storage area outside your cooler with the lid open. Opening the lid lets the ethylene gas escape, slowing down the ripening process.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

### Blueberries

**Relative Humidity:**  
90 – 95%



**Storing Tips:** Refrigerate blueberries immediately after receiving. Do not wash before storing. Blueberries need to be positioned in a well ventilated area to allow good air circulation. The size of food pan depends on the quantity of blueberries being stored. Any shallow 2½" food pan would be suitable to allow for loosely layered storage.

**Suggested Storage Containers:**

Product codes: 12CW, 22CW or 32CW  
Lid options: 10PPCWSC, 20PPCWSC  
or 30PPCWSC

### Grapefruit

**Relative Humidity:**  
85 – 90%



**Storing Tips:** Store grapefruit in a well ventilated area and keep containers off the floor.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

### Grapes

**Relative Humidity:**  
85 – 90%



**Storing Tips:** Wash grapes just before service, not before storing. Store away from the cooler blower since excessive air movement causes shriveling. Handle grapes as little as possible. The size of food pan or food box depends on the quantity of grapes being stored. Any 6" deep container would be suitable to allow for adequate circulation.

**Suggested Storage Container:**

Cambro Food Storage Box  
Size: 12" x 18" x 6"  
Product code: 12186CW  
Lid options: flat—1826CCW



Suggested Containers are based on input from customers and industry partners. For additional sizes and options, see Cambro Catalog for a complete listing of storage products.

## Kiwi Fruit

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** When kiwi is ripe, store it at 32° – 35°F. To ripen kiwi, store at room temperature for 3 to 5 days. Do not store kiwi near other ethylene producing fruit or it will accelerate ripening. Store in a single layer. Do not put kiwi on top of each other inside of the storage container.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Lemons

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
50° – 55°F (10° – 13°C)

**Storing Tips:** Store lemons in a cool, well ventilated area. Store away from foods with strong odors. Eggs and lettuce may pick up the scent from lemons, so keep separated.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



## Oranges

**Relative Humidity:**  
85 – 90%

**Storing Tips:** Oranges should be stored in a cool, well ventilated area. Store off the floor on a dunnage rack for better air circulation.



**Recommended Temperature:**  
Arizona/California  
45° – 48°F (7° – 9°C)  
Florida  
34° – 40°F (1° – 4°C)  
Texas  
32° – 35°F (0° – 2°C)

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Peaches

**Relative Humidity:**  
95%



**Recommended Temperature:**  
32°F (0°C)

**Storing Tips:** If peaches arrive unripened, store at 65° – 70°F with 95% relative humidity. Ripe peaches should have a creamy or yellow background skin color and should give to gentle pressure. Handle carefully, peaches bruise easily.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid Options: flat—1826CCW or  
sliding—1826SCCW

## Pears

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Do not rinse or sprinkle ripened pears before storing. Rinse in cool water and dry thoroughly just before serving. Pears bruise easily, handle with care.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Pineapple

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
45° – 60°F (7° – 16°C)

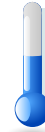
**Storing Tips:** Pineapple should be kept in the cooler until ready to serve. Pineapple does not continue to ripen at room temperature; the ripening stops once it is harvested. Once a pineapple is cut, the skin should be removed and the cut fruit stored in Cambro food storage containers in the cooler.

### Suggested Storage Containers:

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW  
Product codes: 16CW or 26CW  
Lid options: 10PPCWSC or 20PPCWSC

## Raspberries

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Put raspberries in cooler immediately after receiving and use shortly after storing. Cover berries tightly and store on the top shelves of your cooler since they absorb odors from other produce very easily. Do not rinse or sprinkle before storing. The size of food pan depends on the quantity of raspberries being stored. Any shallow 2½" food pan would be suitable to allow for single layer storage.

### Suggested Storage Containers:

Product codes: 12CW or 22CW  
Lid options: 10PPCWSC or 20PPCWSC



## Strawberries

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Strawberries should go into the cooler immediately. Do not wash or remove leaf cap before storage. Use berries soon after storing. Cover tightly with a seal cover to extend shelf life. The size of food pan depends on the quantity of strawberries being stored. Any 2½" or 4" food pan would be suitable to allow for loosely layered storage.

### Suggested Storage Containers:

Product codes: 12CW, 14CW, 22CW or 24CW  
Lid options: 10PPCWSC or 20PPCWSC





## Tomatoes

**Relative Humidity:**

85 – 95%



**Recommended Temperature:**

55° – 60°F (13° – 16°C)

**Storing Tips:** Tomatoes can be ripened at 58° – 68°F, out of direct sunlight. Because they produce ethylene gas, ripening can be accelerated by stacking boxes together on a pallet. Once the tomatoes are ripe, store at 55° – 60°F. Do not refrigerate tomatoes.

### Suggested Storage Containers:

Cambro Food Storage Box

Size: 18" x 26" x 3½"

Product code: 18263CW

Lid options: flat—1826CCW or

sliding—1826SCCW

Cut, diced or sliced tomatoes should be stored in:

Cambro® CamSquare® Container

Capacity: 12 qt.

Product code: 12SFSCW

Lid option: seal cover—SFC12SCPP

## Watermelon

**Relative Humidity:**

85 – 90%



**Recommended Temperature:**

55° – 70°F (13° – 21°C)

**Storing Tips:** Uncut watermelon should be stored at room temperature until ripe. Cut into desired sizes and place in a Cambro food storage box in the cooler. Using proper lid to prevent flavor transfer.

### Suggested Storage Containers:

Cambro Food Storage Box

Size: 18" x 26" x 6"

Product code: 18266CW

Lid options: flat—1826CCW or

sliding—1826SCCW

Cambro CamSquare Container

Capacity: 12 qt.

Product code: 12SFSCW

Lid option: seal cover—SFC12SCPP

## VEGETABLES

### Arugula

**Relative Humidity:**

90 – 95%



**Recommended Temperature:**

32° – 36°F (0° – 2°C)

**Storing Tips:** Do not rinse arugula before storing it. Arugula tends to be gritty, so rinse the leaves thoroughly. If you can, buy arugula in bunches with the roots intact; this helps retain freshness. Holes, tears, and yellowing edges are signs the greens are past their prime. Bunches of arugula will last only two to three days if not stored with proper lid. Most packaged leaves have a two-week shelf life if stored at the right temperature.

Store arugula in an adequate size food pan with colander pan or drain pan and flat cover. Keep food pan filled with water about ¼", not touching the greens to help enhance freshness.

### Suggested Storage Container:

Cambro Polycarbonate Food Pan

Size: 12¼" x 20½" x 8"

Product code: 16CW

Drain shelf option: 10CWD

Colander pan option: 15CLRCW

Lid option: 10CWCH

### Artichokes

**Relative Humidity:**

90 – 95%



**Recommended Temperature:**

32° – 34°F (0° – 1°C)

**Storing Tips:** Upon receipt, put into cooler. Do not wash before storing. To store more than a few days, put a few drops of water on each artichoke, place in a covered Cambro food storage box and place in your cooler.

### Suggested Storage Container:

Cambro Food Storage Box

Size: 18" x 26" x 9"

Product code: 18269CW

Lid options: flat—1826CCW or

sliding—1826SCCW



## Asparagus

**Relative Humidity:**

90 – 95%



**Recommended Temperature:**

32° – 35°F (0° – 2°C)

**Storing Tips:** To maximize the shelf life of asparagus, stand it up, cut-end down in 1" of water and refrigerate. Do not wash before storing. Always keep asparagus covered since it is prone to dehydration in the cooler.

### Suggested Storage Containers:

Cambro Food Storage Box

Size: 18" x 26" x 6"

Product code: 18266CW

Lid options: flat—1826CCW or

sliding—1826SCCW

Cambro Round Storage Containers

Capacity: 18 qt.

Product code: RFSCW18

Capacity: 22 qt.

Product code: RFSCW22

Lid option: seal cover—RFS12SCPP



## Basil

**Relative Humidity:**

90 – 95%



**Recommended Temperature:**

52° – 59°F (11° – 16°C)

**Storing Tips:** Basil does best at room temperature. Trim the bottoms of the stems (leave the roots attached, if present) and place the stalks in a few inches of water in a sturdy tall container, as you would a bunch of flowers. Keep stems in water or they will discolor if kept in refrigerator for 10 days. Keep out of sunlight. Use basil, like all fresh herbs, as soon as possible. It will last two to four days. Basil needs a little extra care during washing, since it bruises easily.

### Suggested Storage Container:

Cambro Polycarbonate Round Food Container

Capacity: 4 qt.

Product code: RFSCW4

Suggested Containers are based on input from customers and industry partners. For additional sizes and options, see Cambro Catalog for a complete listing of storage products.



## Beets

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 36°F (0° – 2°C)

**Storing Tips:** Sprinkle beets lightly with water to help maintain their freshness. Then put into your cooler. Beets must be refrigerated until ready to use.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Broccoli

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Broccoli should be stored in a Cambro food storage box with a drain shelf on the bottom. Broccoli should be topped with ice and the excess water drained daily. For best results, store covered in a Cambro food storage box. This prevents it from turning limp from dehydration or yellow from ethylene gas.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Cabbage

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 40°F (0° – 4°C)

**Storing Tips:** Cabbage wilts rapidly. It should be refrigerated and not brought out to room temperature until just before preparing food. Cabbage should be stored uncut, untrimmed and with the wrapper leaves in place.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



## Carrots

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 36°F (0° – 2°C)

**Storing Tips:** Carrots require high humidity and temperature control—keep temperature as close to 32°F as possible to avoid mildew and decay problems. Always store away from ethylene producing fruit which cause carrots to develop a bitter taste. Do not wash carrots until ready to use.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Cauliflower

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Keep wrapped. Do not wash before storing. To store for any length of time, place in a Cambro® food storage box but do not store anything on top of the cauliflower. It must be stored in a single layer to prevent bruising and eventually mold and decay.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Lid options: flat—1826CCW  
sliding—1826SCCW

## Celery

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 36°F (0° – 2°C)

**Storing Tips:** Always keep covered. Celery wilts quickly. Sprinkle celery lightly with water, put in a Cambro food storage box and refrigerate until ready to use.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Chard

**Relative Humidity:**  
90 – 100%



**Recommended Temperature:**  
32°F (0°C)

Look for crisp, crinkly green leaves; avoid ones with spots or holes. The smaller the leaves, the sweeter their taste. (Large leaves and stems are often chewy.) Refrigerate chard, unwashed, in a plastic bag in the vegetable drawer. Chard will last two to three days.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 12" x 18" x 6"  
Product code: 12186CW  
Lid options: flat—1826CCW

## Corn

**Relative Humidity:**  
85 – 90%

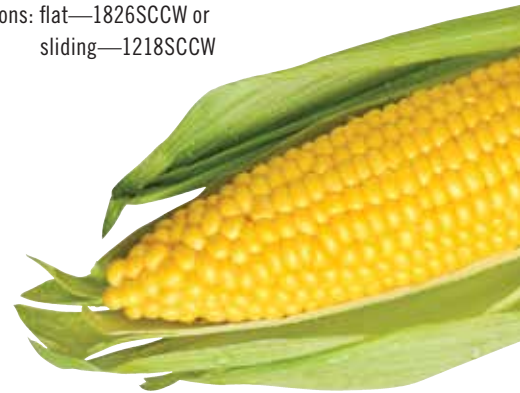


**Recommended Temperature:**  
32° – 36°F (0° – 2°C)

**Storing Tips:** Store immediately after receiving, corn loses flavor rapidly. Store corn in an area with good air circulation.

### Suggested Storage Containers:

Cambro Food Storage Box  
Product code: 182612CW or 12189CW  
Lid options: flat—1826SCCW or  
sliding—1218SCCW



## Cucumbers

**Relative Humidity:**  
85 – 95%



**Recommended Temperature:**  
50° – 55°F (10° – 13°C)

**Storing Tips:** When storing cucumbers, do not sprinkle with water or wash until just ready to be served.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

Suggested Containers are based on input from customers and industry partners. For additional sizes and options, see Cambro Catalog for a complete listing of storage products.

## Eggplant

**Relative Humidity:**  
85 – 90%

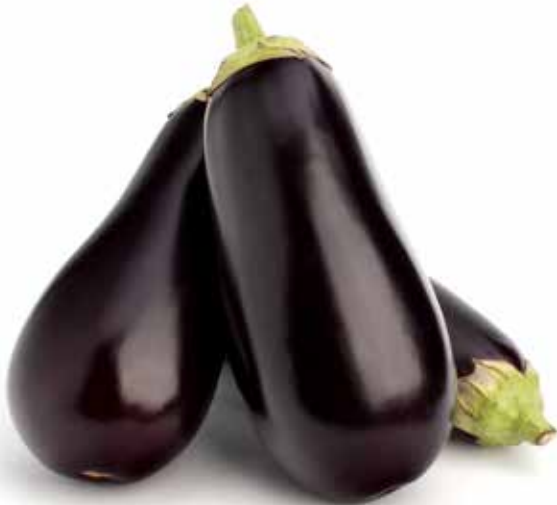


**Recommended Temperature:**  
50° – 55°F (10° – 13°C)

**Storing Tips:** Eggplant is extremely sensitive to temperature fluctuations. Try to use as soon as you can after it's delivered. Do not hold eggplant at room temperature.

### Suggested Storage Containers:

Cambro Food Storage Box  
Product codes: 12186CW or 18266CW  
Lid options: flat—1218CCW or 1826CCW



## Iceberg Lettuce

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** To prepare the lettuce for storing, remove the core and run cold tap water into the open cavity until it is full. Turn core side down to drain excess water for at least 15 minutes. Place a Cambro drain shelf in food storage box and place all heads of lettuce on the drain shelf in the box. Place in your cooler. Be sure to use a drain shelf to keep the heads out of the water. Lettuce will absorb water through its porous leaves. It is important to keep the lid snapped on at all times.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Kale

**Relative Humidity:**  
90 – 100%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Do not wash your kale before storing it. Kale is super fragile and because of all the grooves some varieties have, it is impossible to get it dry enough. Washing it before storage will only increase spoilage. Only wash your kale right before using it.

Here are some fruits and veggies that you should not store near your kale: Apples, Apricots, Avocados, Bananas (unripe), Cantaloupe, Figs, Honeydew, Nectarines, Peaches, Pears, Plums and Tomatoes.

Store Kale in a tightly sealed container in the coldest part of your walk-in cooler.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Leaf Lettuce

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Trim a quarter inch from the end and immerse in tepid water. Let drain for another 5 minutes. Store covered in a Cambro food storage box and place in the cooler immediately after draining. Water absorbed by the leaves will quickly turn the temperature of the cooler. This will cause the leaves to go into shock and become strong and crisp with a high water content. Place leaf lettuce in a Cambro food storage box to prevent the product from becoming limp from dehydration or yellow from ethylene gas.

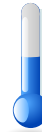
### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW



## Mushrooms

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
32° – 35°F (0° – 2°C)

**Storing Tips:** Put mushrooms in cooler immediately. Do not sprinkle or rinse before storing. Keep dry. Before serving, rinse, drain thoroughly or pat dry.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Dry Onions

**Relative Humidity:**  
65 – 70%



**Recommended Temperature:**  
45° – 55°F (7° – 13°C)

**Storing Tips:** Keep onions dry. Store in a cool, well-ventilated area in your kitchen.

### Suggested Storage Container:

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



Suggested Containers are based on input from customers and industry partners. For additional sizes and options, see Cambro Catalog for a complete listing of storage products.



## Parsley

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
32°– 36°F (0°– 2°C)

**Storing Tips:** Cut away a small portion from the stem. Immerse in tepid water for 5 minutes. Drain and place in a Cambro® food storage box with the drain shelf in place on the bottom of the container. Immediately drain excess water. The drain shelf is important because it creates better air circulation for longer shelf life. Place the container into your cooler which puts the parsley into shock and makes it strong and full of moisture. Store away from drafts and ethylene gas producing fruit.

### **Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Potatoes

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
45°– 50°F (7°– 10°C)

**Storing Tips:** Potatoes should be placed in a Cambro food storage box and stored in a cool, dark place. Do not store in the cooler, starch turns into sugar and turns the meat black. Avoid exposure to light.

### **Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 15"  
Product code: 182615CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



## Radishes

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32°– 36°F (0°– 2°C)

**Storing Tips:** Immediately remove all radishes from their original carton, rinse in tepid water for 5 minutes and remove the leafy tops. Allow the radishes to drain and place them in a Cambro food storage box. Store in the cooler until ready to use.

### **Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 3½"  
Product code: 18263CW  
Drain shelf option: 1826CBDSP  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Spinach

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
32°– 36°F (0°– 2°C)

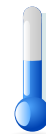
**Storing Tips:** Wash spinach thoroughly to remove sand. Place spinach in a Cambro 18" x 26" colander. Place colander in an 18" x 26" x 6" food box.

### **Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Colander option: 1826CLRCW  
Lid option: flat—1826CCW

## Summer Squash

**Relative Humidity:**  
90 – 95%



**Recommended Temperature:**  
40°– 50°F (4°– 10°C)

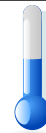
**Storing Tips:** Use summer squash soon after you receive it. Keep it in the front of your cooler. It will show signs of chill damage if stored below 45°F. Never ice summer squash.

### **Suggested Storage Container:**

Cambro Food Storage Box  
Size: 18" x 26" x 9"  
Product code: 18269CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW

## Sweet Peppers

**Relative Humidity:**  
85 – 90%



**Recommended Temperature:**  
45°– 50°F (7°– 10°C)

**Storing Tips:** Peppers are susceptible to chill injury. Do not allow storing temperature to drop below 45°F.

### **Suggested Storage Container:**

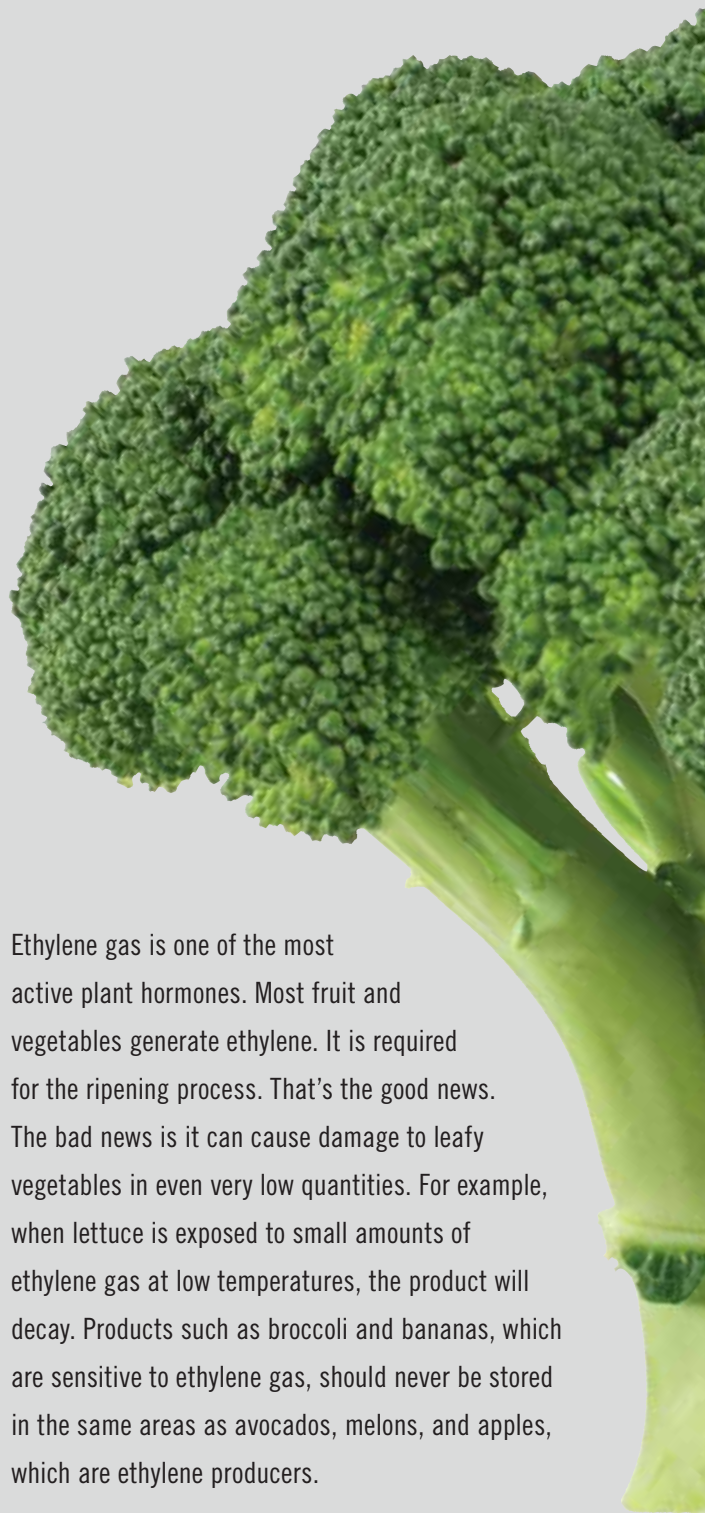
Cambro Food Storage Box  
Size: 18" x 26" x 6"  
Product code: 18266CW  
Lid options: flat—1826CCW or  
sliding—1826SCCW



**Storing Tip:** Putting fresh fruit and vegetables into Cambro food storage containers gives you an opportunity to inspect it and cull out overripe or "off-spec" product.

Suggested Containers are based on input from customers and industry partners. For additional sizes and options, see Cambro Catalog for a complete listing of storage products.

# about ethylene gas



Ethylene gas is one of the most active plant hormones. Most fruit and vegetables generate ethylene. It is required for the ripening process. That's the good news. The bad news is it can cause damage to leafy vegetables in even very low quantities. For example, when lettuce is exposed to small amounts of ethylene gas at low temperatures, the product will decay. Products such as broccoli and bananas, which are sensitive to ethylene gas, should never be stored in the same areas as avocados, melons, and apples, which are ethylene producers.

Below is the chart listing items that create ethylene gas and those that are damaged by it.

| CREATE ETHYLENE GAS              | DAMAGED BY ETHYLENE |
|----------------------------------|---------------------|
| Apples                           | Arugula             |
| Apricots                         | Asparagus           |
| Avocados                         | Belgian, Endive     |
| Bananas, ripening                | Broccoli            |
| Blueberries                      | Brussels Sprouts    |
| Cantaloupe                       | Cabbage             |
| Cherimoya                        | Carrots             |
| Citrus Fruits, except Grapefruit | Cauliflower         |
| Cranberries                      | Grapefruit Chard    |
| Figs                             | Cucumbers           |
| Guavas                           | Cut Flowers         |
| Grapes                           | Eggplant            |
| Green Onions                     | Endive              |
| Honeydew                         | Escarole            |
| Kiwi fruit, ripe                 | Florist Greens      |
| Mammee                           | Green Beans         |
| Mangoes                          | Kale                |
| Mangosteen                       | Kiwi fruit          |
| Melons                           | Leafy Greens        |
| Mushrooms                        | Lettuce             |
| Nectarines                       | Parsley             |
| Okra                             | Peas                |
| Papayas                          | Peppers             |
| Passion Fruit                    | Potatoes            |
| Peaches                          | Potted Plants       |
| Pears                            | Romaine             |
| Peppers                          | Spinach             |
| Persimmons                       | Squash              |
| Pineapple                        | Sweet Potatoes      |
| Plantains                        | Watercress          |
| Plums                            | Yams                |
| Prunes                           |                     |
| Quinces                          |                     |
| Rambutan                         |                     |
| Tomatoes                         |                     |
| Watermelon                       |                     |

# where you store produce is the major consideration in preserving its freshness.

## Temperature

Temperature is the most important factor in the location equation.

Logic, and of course your thermometer, tells you that the warmest part of your cooler is nearest the door and the coolest area is in the back.

(See diagram on page 13.)

As a quick reference, store these in the warmest section of your cooler, 40°–45°F (4°–7°C).

- ☐ Cucumber
- ☐ Eggplant
- ☐ Peppers
- ☐ Avocados
- ☐ Red potatoes

These will fare the best in the midsection of your cooler, 35°–39°F (2°–4°C).

- ☐ Green onions
- ☐ Squash
- ☐ Sprouts
- ☐ Herbs

These go in the back of your cooler. These items need to be stored at the coolest temperature around 33°–35°F (1°–2°C).

- ☐ Broccoli
- ☐ Cabbage
- ☐ Apples
- ☐ Celery
- ☐ Lettuce
- ☐ Asparagus

And, some items should be stored in the coolest section of your kitchen, not in the cooler at all! Temperatures ranging from 50°–55°F (10°–13°C).

- ☐ Bananas
- ☐ Potatoes
- ☐ Tomatoes
- ☐ Onions

## Cooler Blower

The air being moved around in your cooler can work against you if you don't pay special attention to it.

### ETHYLENE GAS

Keep your ethylene gas producing fruit and vegetables away from your cooler's blower.

(These are listed on page 11.)

### MOISTURE

Produce that's prone to dehydration also needs to be away from the blower. It's best to cover items like asparagus and red leaf lettuce for this reason.

## Odor

Separate odor-generating produce away from produce that absorbs odors. This list below will help you keep them separated.

### ODOR PRODUCED BY

---

Apples

---

Avocados

---

Carrots

---

Citrus

---

Ginger Root

---

Grapes fumigated w/ Sulphur Dioxide

---

Leeks

---

Onions

---

Green Onions

---

Pears

---

Potatoes

---

Green Peppers

---

Strongly Scented Vegetables



# cooler temperature ranges

Store outside:  
50° – 55°F (10° – 13°C)

potatoes  
tomatoes  
bananas  
onions  
lemons/limes

## WILL BE ABSORBED BY

Cabbage, Carrots, Celery, Figs, Onions,  
Meat, Eggs, Dairy Products

Pineapples

Celery

Meat, Eggs, Dairy Products

Eggplant

Other Fruits and Vegetables

Figs, Grapes

Apples, Celery, Pears

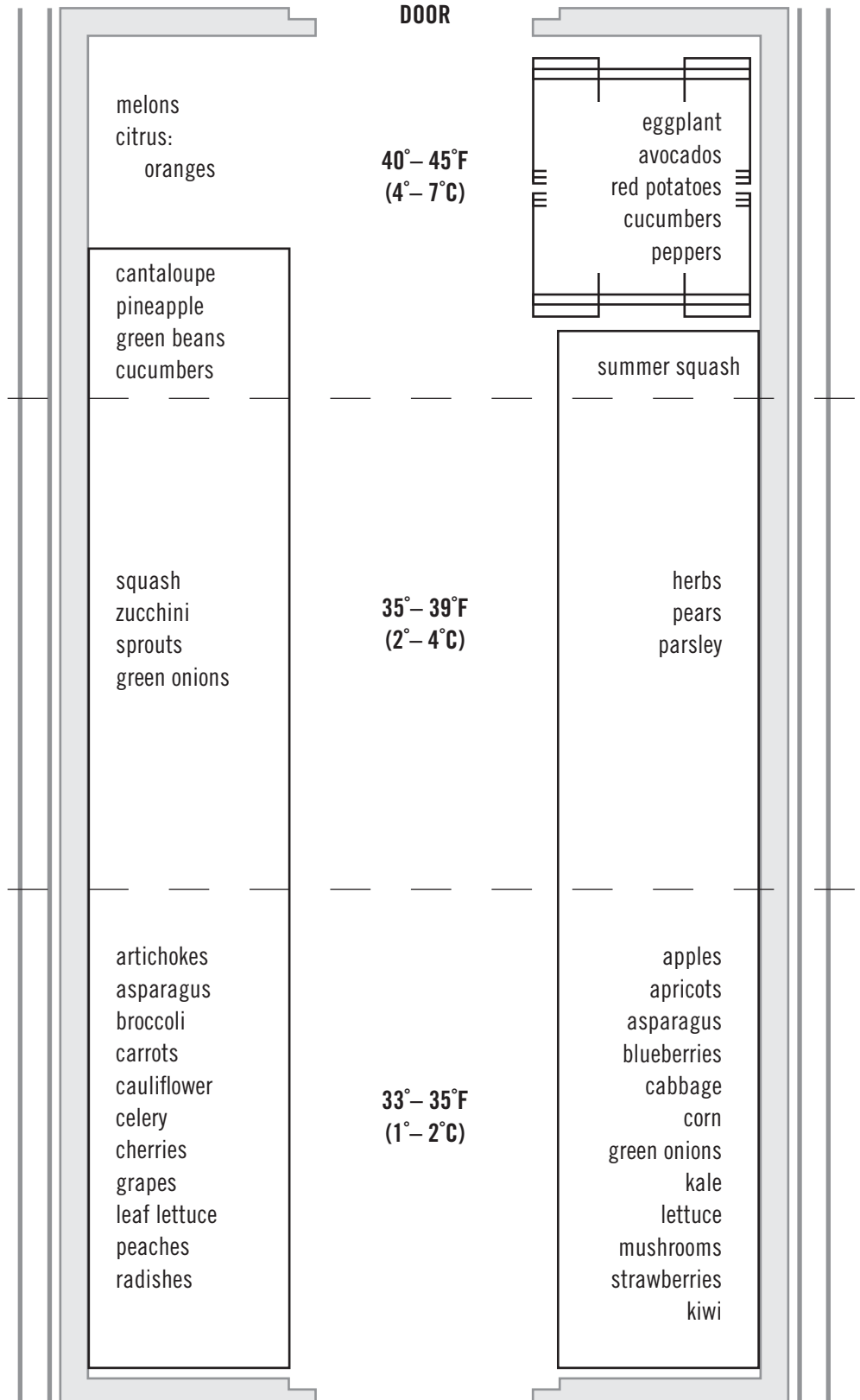
Corn, Figs, Grapes,  
Mushrooms, Rhubarb

Arugula, Cabbage, Carrots,  
Celery, Onions, Potatoes

Apples, Pears

Pineapple

Citrus Fruit



# CAMBRO® food storage products



These Cambro® Food Storage Products are NSF Listed.



## Camwear® Food Storage Boxes

These Food Storage Boxes not only help preserve the freshness of valuable produce, but they make it easy for you to organize your storage area. Because they are clear, you instantly know what's being stored. This saves time and protects from cross contamination.

These boxes are made of polycarbonate so they can take the rough treatment in a foodservice kitchen and temperatures from -40° to 210°F (-40° – 99°C).

Camwear Boxes stack securely (loaded or unloaded), fit standard carts and racks and are dishwasher safe. Their smooth surfaces are easy to clean. Snap-tight lids are available hinged for easy access. A Colander is also available for 18" x 26" Camwear Food Storage Boxes with depths of 6" and deeper. A drain shelf is available too.

Available also in Polyethylene material.

### Food Storage Box and Accessories



## Camwear® Round Containers

A traditional favorite in food storage. There is no guessing what's inside since containers are completely clear with red imprinted graduation marks. Because of their shape, the containers allow proper circulation of air which enables them to withstand temperatures from -40° to 210°F (-40° – 99°C) — a great way to cool off or freeze large quantities safely and quickly. Made of virtually unbreakable Camwear polycarbonate, the container won't chip, crack or dent from everyday use. Molded-in handles provide an easy grip for lifting containers which conveniently rest on top of each other. Dishwasher safe.

Available also in Polypropylene and Polyethylene material.

### Round Containers Selection



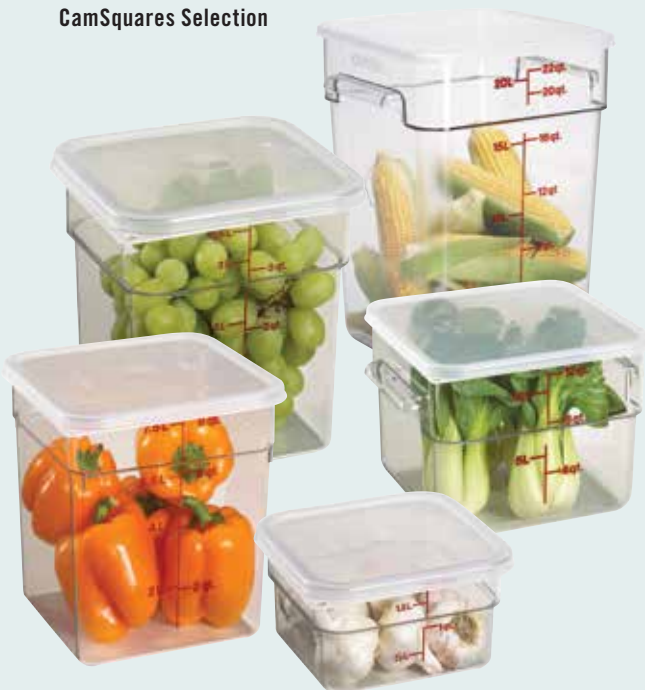


## Camwear® CamSquares®

CamSquares take up to 33% less space than round containers! They are clear so you can tell what's inside at a glance. They are made from Camwear polycarbonate so they will actually bounce off a tile kitchen floor and not break! We print graduations on the outside so you know how much you are storing inside. Optional color coded snap-tight covers feature tabs so they can be easily removed.

Available also in Polypropylene and Polyethylene material.

### CamSquares Selection



## Camwear® Polycarbonate Food Pans

Store, transport and serve all in one pan. Camwear food pans are made from durable polycarbonate that will not crack, bend or dent. Precisely designed to Gastronorm GN specifications, with a large radius bottom to reduce food waste. At half the cost of stainless steel, Camwear pans keep contents as cold as metal pans with less condensation. Pans stack neatly without wedging or sticking.

Available also in Polypropylene and high heat material.

### Food Pans with Seal Covers



# CAMBRO® quick check



To ensure that your produce will be at its peak of freshness and flavor when you're ready to serve it... do a **QUICK CHECK**

- ☐ Inspect produce when you receive it.
- ☐ Remove any produce that doesn't have a fresh appearance.
- ☐ Place refrigerated items into the recommended areas in your cooler.
- ☐ Separate produce that should be stored outside the cooler.
- ☐ Separate ethylene gas producing produce from gas sensitive items.
- ☐ Place ethylene gas producing items away from the cooler blower.
- ☐ Cover all items or produce that absorb odors from strongly scented fruit and vegetables.
- ☐ Cover all items that are prone to dehydration.



**Learn how to store your fruits and vegetables fresher, longer with the Freshness Contained app.**

Download the app at [www.cambro.com/app](http://www.cambro.com/app) or

