

SCHOOL BREAKFAST CLUBS PROGRAM

BREAKFAST CLUB

BANANA STORAGE & HANDLING



Bananas are a fresh, nutritious snack for students, and with just a little care, they stay in great shape.

You might receive bananas at mixed stages of ripening (some on the greener side, and others more ripe).

Handling Tips

- Unload cartons carefully, and handle bananas gently, particularly ripened fruit as it can bruise easily.
- For ripe bananas, remove the lid and pull back the plastic to help slow further ripening.
- Closed boxes can create a warmer environment for the bananas, which can accelerate the ripening process.
- For greener bananas, keeping the box closed may help them ripen faster. Adding a ripe banana to the box can also help speed up the ripening process.

Please send any questions or feedback to schoolbreakfastclub@foodbankvictoria.org.au

Storage tips:

- Ideal storage temperature for bananas is 13°C to 15°C
- Higher temperatures will speed up the ripening process
- Storing bananas at lower temperatures can cause chill damage

