

Mango

- Ripe mangoes are soft, but not so soft that they are mushy. They have a fruity, pleasant smell.
- Store unripe mangoes in a dark, room temperature container.
 - Check on your mangoes every 2 days until they are ripe.
- Store ripe mangoes in the fridge so they retain more of their flavor.
 - Ripe mangoes will last up to 6 days in the fridge.

Mangoes contain vitamin C, A, E, and K, as well as potassium, magnesium, and copper.

These nutrients may improve cell function, aid in fluid balance, and protect against cell damage.



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