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# YOU DON'T NEED TO REFRIGERATE

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**Apples**

**Avocados**

**Bananas**

**Berries**

**Bread**

**Cereal**

**Citrus**

**Coffee**

**Dried fruits**

**Garlic**

**Herbs**

**Honey**

**Hot sauce**

**Jam**

**Ketchup**

**Melons**

**Most oils**

**Nuts**

**Onions**

**Peanut butter**

**Peppers**

**Pickles**

**Potatoes**

**Real maple syrup**

**Salad dressings**

**(oil and vinegar based)**

**Soy sauce**

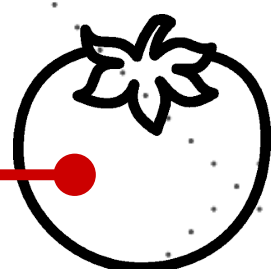
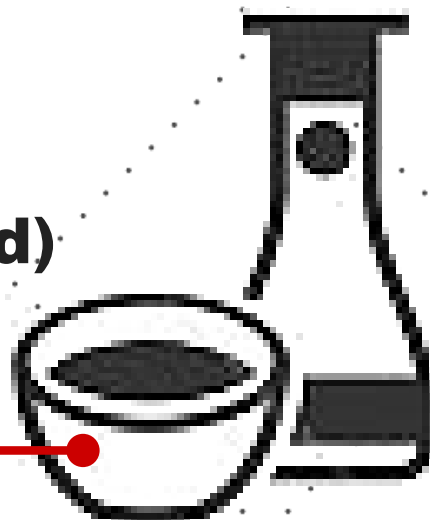
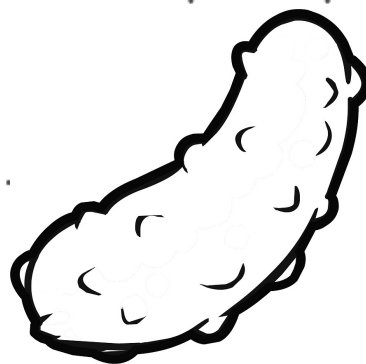
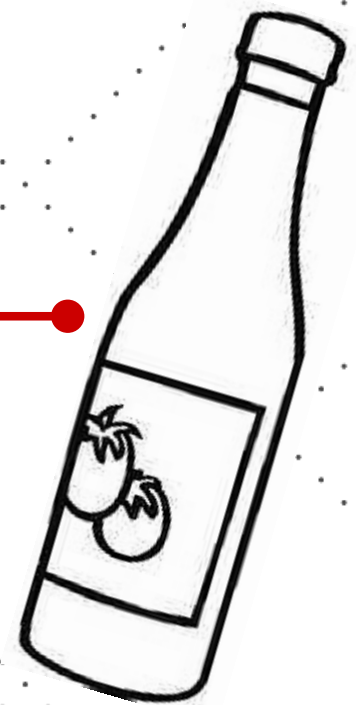
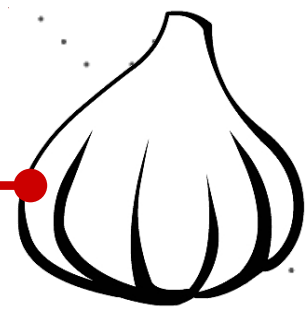
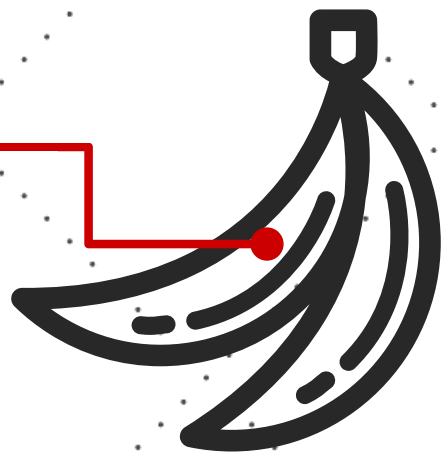
**Spices**

**Stone fruits**

**Tomatoes**

**Vacuum-packed tuna**

**Winter squash**



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