



Waste is only waste if you waste it. - Will.i.am.

The best way to reduce the bulk of household food waste, is to eat our food before it becomes waste! Stocking your fridge using the tips below will help prolong the life of your food & save you money to boot.

The Ultimate Fridge Organization Guide

Temperature: Your fridge should be set to maintain a temperature of 40 degrees Fahrenheit or below.

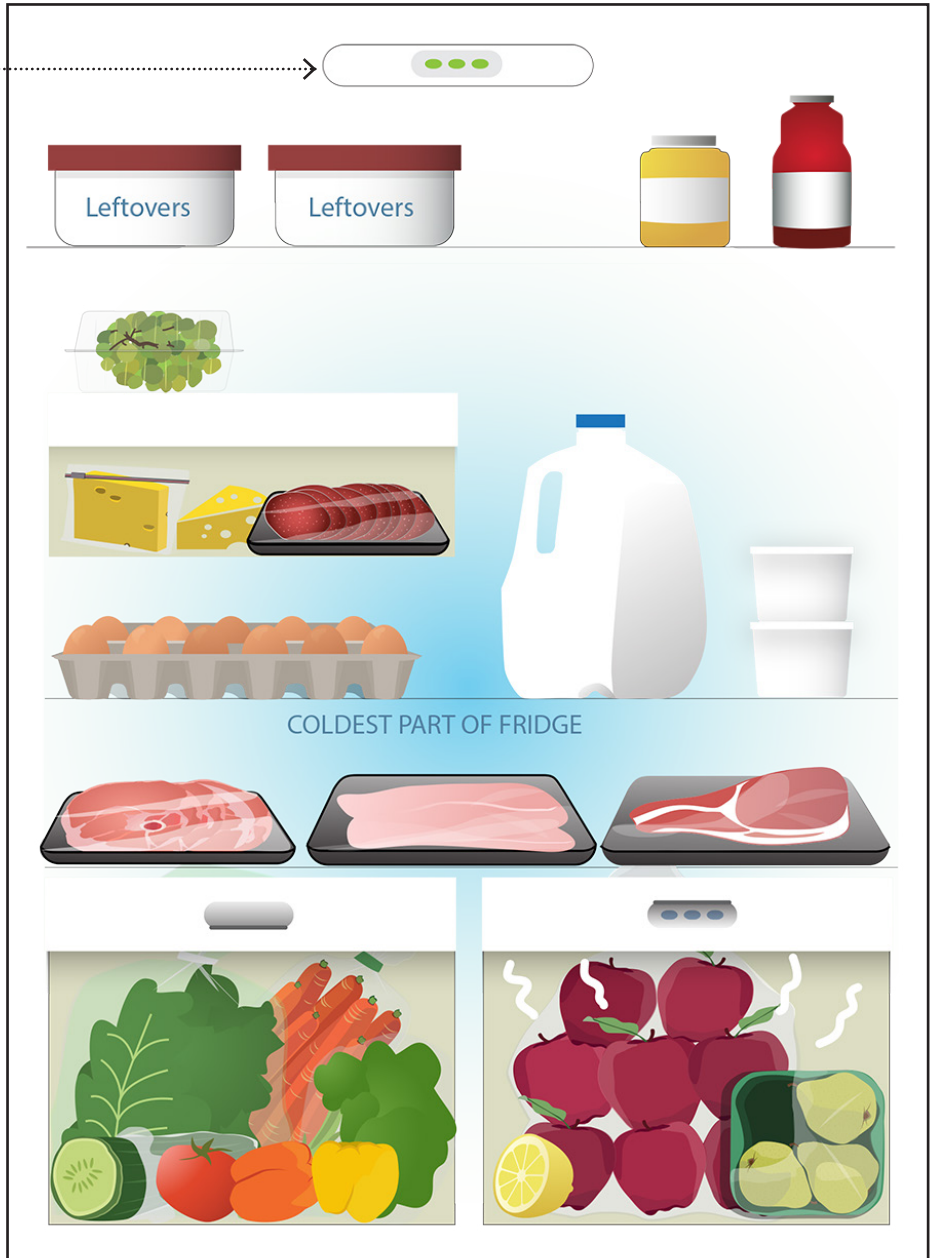
Upper shelves: Slightly warmer than below. Good for leftovers, drinks, ready-to-eat foods like yogurt and cheese.

Deli Drawer: Cheese, deli meats



The Door is the WARMEST part of your fridge. It's a good place for condiments, but not dairy, eggs or anything moderately perishable.

Control ripening: Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate the foods that create ethylene from the foods damaged by it. Keep ethylene producers in a loosely tied bag.



Other tips:

- Never let ice build up in the freezer; it forces your fridge to use more energy.
- Do not store wine, bread or produce on top of your fridge; the condenser coils pump out warm air, making these foods spoil faster.

Images from lovefoodhatewaste.ca

↑ **High humidity drawer (closed, less air):** Store vegetables that wilt (most veggies) such as: asparagus, broccoli, carrots, green beans, leafy greens, lettuce, peas, spinach, and herbs (but not basil!), etc.

↑ **Low humidity drawer (open, more air):** Store ethylene producers, which are fruits and some veggies that rot, such as: apples, avocados, grapes, kiwis, lemons, melons, mushrooms, peaches, pears, peppers, plums, etc.