

# Refrigerator MAKEOVER

GET ORGANIZED FOR OPTIMAL FOOD STORAGE

## FREEZER

- Frozen fruits and vegetables
- Meat
- Bread
- Stock/sauces



Help your food last longer by getting to know its likes and dislikes, and where certain items prefer to be placed in your refrigerator.

## On the Door

- Condiments
- Juices
- Preserves



## TOP SHELF:

- Leftovers
- Drinks
- Herbs
- Ready-to-eat foods



## MIDDLE SHELF:

- Eggs
- Dairy



## BOTTOM SHELF:

- Raw meat & poultry
- Fish

CRISPER *Low Humidity*  
KEEP VENTS OPEN



### Fruits

- Apples
- Grapes
- Pears

CRISPER *High Humidity*  
KEEP VENTS CLOSED



### Vegetables

- Carrots
- Leafy greens
- Green onions
- Broccoli
- Brussels sprouts
- Cauliflower

## Refrigerator Tips:

Don't overfill your fridge. It prevents cold air circulation.

Keep the refrigerator temperature set at 4°C (40°F) and the freezer set at -18°C (0°F).

Don't refrigerate  tomatoes, potatoes, onion or squash.