## SAVE THE FOOD

#### A FRIDGE GUIDE

#### **TOP SHELVES**

Most consistent temps. Store dairy, eggs & prepared foods.

#### **DRAWERS**

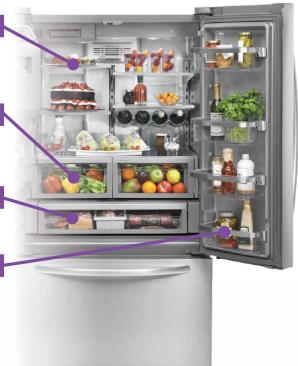
Variable humidity. Store fruits & veggies (see note at bottom).

#### **BOTTOM SHELVES**

Coldest temperatures. Store meat & cheese.

#### **INSIDE DOOR**

Warmest temperatures.
Store sauces & nonperishables.



When it comes to storing fruits & vegetables, there are two basic types: **VAPORS** and **WILTERS**. They don't get along, so keep them separate.



**VAPORS.** These fruits & vegetables produce ethylene—a gas that helps them ripen faster. Store them on your counter, or in a low humidity drawer in the fridge.













#savethefood



**WILTERS.** These are highly sensitive to ethylene. They go bad quickly if they're stored with VAPORS. They like high humidity.













### WHERE TO STORE FOOD

#### **COUNTER/PANTRY**

Herbs - place stem in water Beans (dry) Bread (up to 2 days) - wrap tightly Dry goods/flour Avocados Bananas Citrus Melons Potatoes Stone fruits Tomatoes

Garlic
Onions
Squash
Sweet potatoes

Reep separate

SSS

#### IN THE FRIDGE

Celery - place stem in water
Cut fruits or veggies - wrap tightly
Herbs - enclose with damp cloth
Meat (eat within 1-2 days)
Mushrooms
Okra - eat soon
Zucchini

Apples
Figs
Grapes
Kiwis (ripe)
Mangoes
Peaches (ripe)
Pears

Asparagus
Cucumbers
Eggplant
Green beans
Leafy greens
Peas
Peppers
Strawberries

#### IN THE FREEZER

You can store almost anything in the freezer! The important thing to remember is: **remove as much air as you can**. Excess air causes freezer burn.

# USE CLEAR CONTAINERS

Don't let food sit until it spoils. You're more likely to eat what you can see.

#### MORE TIPS

## eat first

MAKE SPACE FOR FIRSTS

Set aside & label space for food that will expire soon, so everyone knows to eat it first.



Put leafy greens in a drawer with high humidity, or in an airtight bag with a damp paper towel. Most other fruits & veggies need low humidity.