

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 & non-perishables.



#savethefood

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.



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

keep separate

Garlic
Onions
Squash
Sweet potatoes

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.

MORE TIPS



USE CLEAR CONTAINERS

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

eat first

MAKE SPACE FOR FIRSTS

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

High ●●●●● Low

USE THE DRAWERS WISELY

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*.