

MASTERING

THE ART OF FRIDGE ORGANIZATION

What temperature should my fridge be set to?

Set your fridge temperature between 0-4°C (32-39°F)

Top Shelf

Store ready-to-eat foods and leftovers to keep them furthest away from the bacteria in raw foods.

Middle Shelf

Store yogurt, cheese, milk and eggs to keep them away from cooked and raw foods.

Bottom Shelf – coldest part of the fridge

Store raw seafood, meats and poultry in covered containers so bacteria does not spread to other foods.

How Do Crisper Drawers Work?

Some fruits and vegetables release a gas that makes them ripen faster. Keeping them separate can help stop other produce from spoiling.

High Humidity Drawer – closed vents

Store vegetables here to keep them fresh longer.

Low Humidity Drawer – open vents

Store fruits here to let the ripening gas escape and keep them fresh longer.

Extra Thermometer

Put an extra thermometer in the fridge door to check the exact fridge temperature.

Door – the warmest part of the fridge

Store food that can handle temperature changes (e.g., condiments, non-dairy beverages, juices and preserved foods).

