

PREVENT FOOD WASTE!

Did you know that you can save energy, save money, and keep food fresh longer by organizing your fridge and freezer?



These repositionable vinyl stickers will help you get started by letting you know when something has gotten too old.



EAT TODAY

EAT TODAY

EAT TODAY

EAT THIS WEEK

EAT THIS WEEK

EAT THIS WEEK

BEST BY: _____

WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

CONTENTS: _____
WENT IN: _____
USE BY: _____

COMPOST

COMPOST

COMPOST

ORGANIZING YOUR REFRIGERATOR

For your fridge to work properly, cold air needs to move around inside it. So don't overfill your fridge or block the air vents. Certain areas of the fridge are better for storing certain foods. This diagram explains what should go in each section so your fridge will run efficiently and keep your food fresh as long as possible.

Top shelf: This area typically is slightly warmer. Store cooked leftovers, soda, and less perishable items here.

Thermometers: Use an appliance thermometer or put a thermometer in a glass of water and leave it overnight to test the temperature of your fridge. Keep your fridge between 36°F and 38°F, and set your freezer between 0°F and 5°F.

Bottom shelf: This is the part of the refrigerator with the most stable temperature. Store dairy, eggs, and meats here.

High-humidity drawer: Store produce prone to wilting, like lettuce, leafy greens, broccoli, and cucumbers.

Low-humidity drawer: Store produce that retains moisture (mostly fruits).

Doors: The temperature changes frequently. Avoid storing perishables here. It's a great place for condiments, juices, and other less perishable items.

Freezer: Keep the freezer 75–80% full. You want it full enough that the frozen items help keep the freezer cold but not so packed that air can't circulate.

