



FOOD WASTE

REFRIGERATOR GUIDE

Love your leftovers

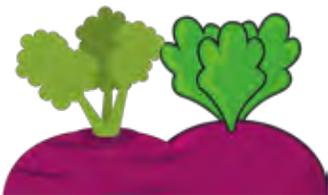
- Use adhesive labels to mark leftover containers with the date the food was prepared.
- Place newest leftovers towards the back of the fridge and move older leftovers to the front.
- Make a list of the leftovers you have in your fridge. Keep the list on the front of the fridge to help remind you what should be eaten soon to prevent spoilage.

Let technology lend a hand

- **FridgeCam** shows you the contents of your refrigerator from anywhere and helps you track which foods may be close to spoiling.
- Put an **ethylene gas absorber** in your refrigerator to keep some fruits and veggies fresh longer.

Get organized

- O** Upper shelves: leftovers, ready to eat foods, beverages.
- O** Lower shelves: the coldest portion of your refrigerator — ideal for proteins and other raw ingredients.
- O** Fridge door: the warmest portion of the fridge — better for condiments, salad dressings, etc. that don't perish easily.
- O** Crisper drawers: Move perishables out of these drawers so they aren't forgotten. Otherwise, use low humidity so that apples, avocados, melons and mangoes in these drawers stay fresh longer. Use high humidity for green veggies, herbs, peppers, strawberries and broccoli.





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Freezer tips

- If you won't be able to eat something in time, freeze it at its prime.
- Freeze your food in the portions that you intend to eat it. It'll freeze faster in smaller units and you'll avoid having to defrost more food than you can eat.
- Be sure to cool your food before you put it in the freezer. Hot food can raise the temperature of other foods in the freezer and make them begin to defrost.
- To preserve peas, asparagus and broccoli, boil them for 30 seconds and then place them in a bowl of ice water. Freeze them before transferring them to a freezer bag.



Produce hacks

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- Give your veggies some breathing room. Allowing air to circulate will help them stay fresh longer.

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- Think outside of the box — cucumbers, potatoes, onions, tomatoes and squash are best stored at room temperature.
- Onions and potatoes that sit together, rot together. Keep them out of the fridge in a dark space, but not too close to each other.

