

# Fridge Organization



Keeping your refrigerator organized can keep foods fresh longer, prevent dangerous cross-contamination, and reduce food waste. One of the most common reasons food goes bad in the fridge is simply because we forget about it! Staying organized will keep you on track to use everything while it's still fresh.

## Top:

- leftovers
- salads
- ready-to-eat foods (yogurt, snacks, etc)
- beverages

## Door:

- opened condiments
- opened sauces
- butter

## Middle:

- produce (always wash before eating!)
- sealed products (condiments, sauces, etc)

## Bottom:

- raw meat
- poultry
- seafood
- eggs

## Drawers:

If your fridge has bottom drawers, try storing raw meats in one and fresh produce in the other. If you have to store meat above produce, make sure the meat is double-wrapped, or put it in another container to prevent any liquid from leaking onto foods





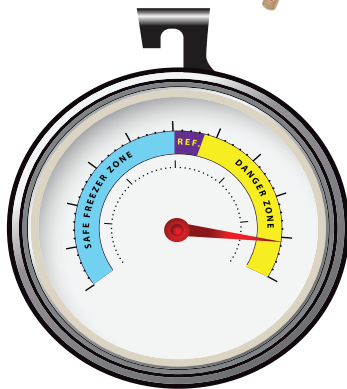
## Temperature

Ideally, your fridge should be set to 35 degrees F. The inside temperature of your fridge can vary depending on outside temperature, humidity, and how often you're opening the fridge door.

Temperatures above 40 degrees F can allow dangerous bacteria to grow.

Temperatures below 32 degrees F will freeze foods, ruining fresh produce and eggs.

If you can, keep a small thermometer near the middle of the fridge to monitor the temperature.



Most fridges are coldest in the very back, near the fan or at the bottom. If you find foods freezing in this area of the fridge, turn the temperature up very slightly. Highly perishable foods like raw meat and milk should be kept in the colder areas, in the far back for milk and at the bottom for meat. Fresh produce and packaged, processed foods can be kept in the slightly warmer areas, near the front.

