

WHERE TO START:

Kitchen Organization

REFRIGERATOR

A disorganized fridge can lead to wasting food, and therefore, wasting money! Let's help you prevent that...

TO DO LIST:

- Remove everything from the doors and shelves.
- Wipe down and disinfect all surfaces inside.
- Go through all the products in your fridge to determine which ones are expired and either toss, compost, or recycle them.
- Separate fruits and veggies into designated crisper drawers.
- Store meat products on the lowest shelf as this is the coldest place in the fridge.
- Don't keep your milk in the door or on the top shelf - these are the warmest places in the fridge and may cause the milk to spoil early.
- When restocking items, place the newest ones towards the back of the fridge, behind the old ones, so that the older items don't expire before you get to them!
- Place perishable items in plain site so that you don't forget about them before they rot or expire.
- Give your items a "home" by storing the same items in the same spots each week, and group similar items together.

HOW TO BE "EXTRA":

- Purchase clear bins or baskets to store your products in.
- Label the bins and baskets.
- Line shelves and drawers with water-resistant liners.
- Consider purchasing a fridge air filter to help keep your products tasting and smelling fresh for longer.

