

THE REFRIGERATOR

Demystified

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.



NEVER LET ICE BUILD UP

It forces your fridge to use more energy.

THE UPPER SHELVES

THE UPPER SHELVES ARE SLIGHTLY WARMER THAN BELOW, AND ARE A GREAT PLACE TO STORE ITEMS THAT DON'T HAVE A HIGH SAFETY RISK

GREAT FOR LEFTOVERS, DRINKS, READY-TO-EAT FOODS LIKE YOGURT OR CHEESE

THE LOWER SHELVES

FOODS WITH A HIGHER SAFETY RISK ARE BETTER OFF IN COLDEST SECTION.

THE BOTTOM SHELF IS THE COLDEST PLACE IN THE FRIDGE. STORE MEAT, POULTRY AND FISH HERE IN TRAYS TO PREVENT THEM FROM DRIPPING.

HIGH & LOW HUMIDITY DRAWERS



CARROTS, LEAFY GREENS, SPINACH, ARUGULA, BASIL, BROCCOLI, ETC...

PEARS, APPLES, GRAPES, MUSHROOMS, PEPPERS, AVOCADOS, BERRIES, ETC...

Put most veggies, particularly those that might wilt, in the high humidity drawer.

Put fruits in the low humidity drawer, along with vegetables that have a tendency to breakdown and rot

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).



LEAVING THE FRIDGE DOOR OPEN



when you pour milk into your cereal wastes 7% of a fridge's energy, according to Home Energy Magazine.



That's the same as 830-2000 60W light bulbs each year."

THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE, GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.

It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.



40 DEGREES OR BELOW

Because bacteria grow most rapidly between 40° and 140°, your fridge should be set to maintain a temperature of 40° or below



DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.