

# HOW TO ORGANIZE FOOD IN THE REFRIGERATOR

## The Strategy

So how do we adopt their way of organization? Here's the strategy that uses the same principles, tailored to the configurations of a home refrigerator:

**UPPER SHELVES: LEFTOVERS, DRINKS, AND READY-TO-EAT FOODS (LIKE YOGURT, CHEESE, AND DELI MEATS).**



Don't cut fruit or vegetables until you are ready to prepare for a meal.

**LOWER SHELVES: RAW INGREDIENTS SLATED FOR COOKED DISHES**



Prepare only the amount of products you will use in a meal.

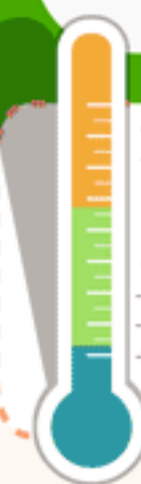


Don't store wet fruit and vegetables - wash just before preparation or dry thoroughly before placing in the refrigerator.

## DOOR

The refrigerator door is the warmest part of the fridge, so only **condiments** should go there.

Don't put eggs or milk in the door, as they should be placed in a colder part of the refrigerator.



Refrigerator: **4°C (40°F) or lower**

Freezer: **-18°C (0°F) or lower.**

This will keep your food out of the temperature danger zone between **4°C (40°F) to 60°C (140°F)** where bacteria can grow quickly.



## Drawers

These can be tricky. Since they're designed to hold produce at specific humidities, it makes sense to store fruits and veggies there. But they're usually at the bottom of the fridge, so we risk contaminating our fresh vegetables if we put meat on the shelf above.

### Some solutions?

- **If you have two drawers**, make one of them exclusively for veggies and the other exclusively for raw meat.
- **If one drawer is above the other, use the lowest drawer for meat.** If they're side-by-side, either drawer would be fine. Clean the drawer you're using for meat often.
- **Need both drawers for fruits and veggies?** If it's unavoidable to put raw meat above other foods, improvise your own meat drawer by using a clear plastic bin that will catch any accidental drips and keep the meat safely away from everything else.

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