



Refrigeration

Knowing how to optimize your fridge will help you keep everything inside fresher. Remember that some parts of your refrigerator are warmer than others, and some need to be more humid than others. The air needs to circulate in order to keep your food cold, so when your fridge gets too full, move some items into the freezer.

TOP SHELF

Leftovers, drinks, ready-to-eat foods, berries, herbs. Have an 'Eat Me First' shelf where you put food that other people can help themselves to like leftovers, food that has a short shelf life and snacks for the kids.

MIDDLE SHELVES

Milk, eggs, dairy

BOTTOM SHELF

This is the coldest part of the fridge, best for raw meat, poultry and seafood. Store in trays or sealed containers to prevent drips from contaminating the food below.

DELI DRAWER

Cheese, deli meats

SET HUMIDITY LEVELS

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

HIGH HUMIDITY DRAWER

Best for most vegetables, particularly those that might wilt: asparagus, broccoli, cabbage, carrots, cauliflower, cucumber, green beans, leafy greens, lettuce, peppers, and spinach.

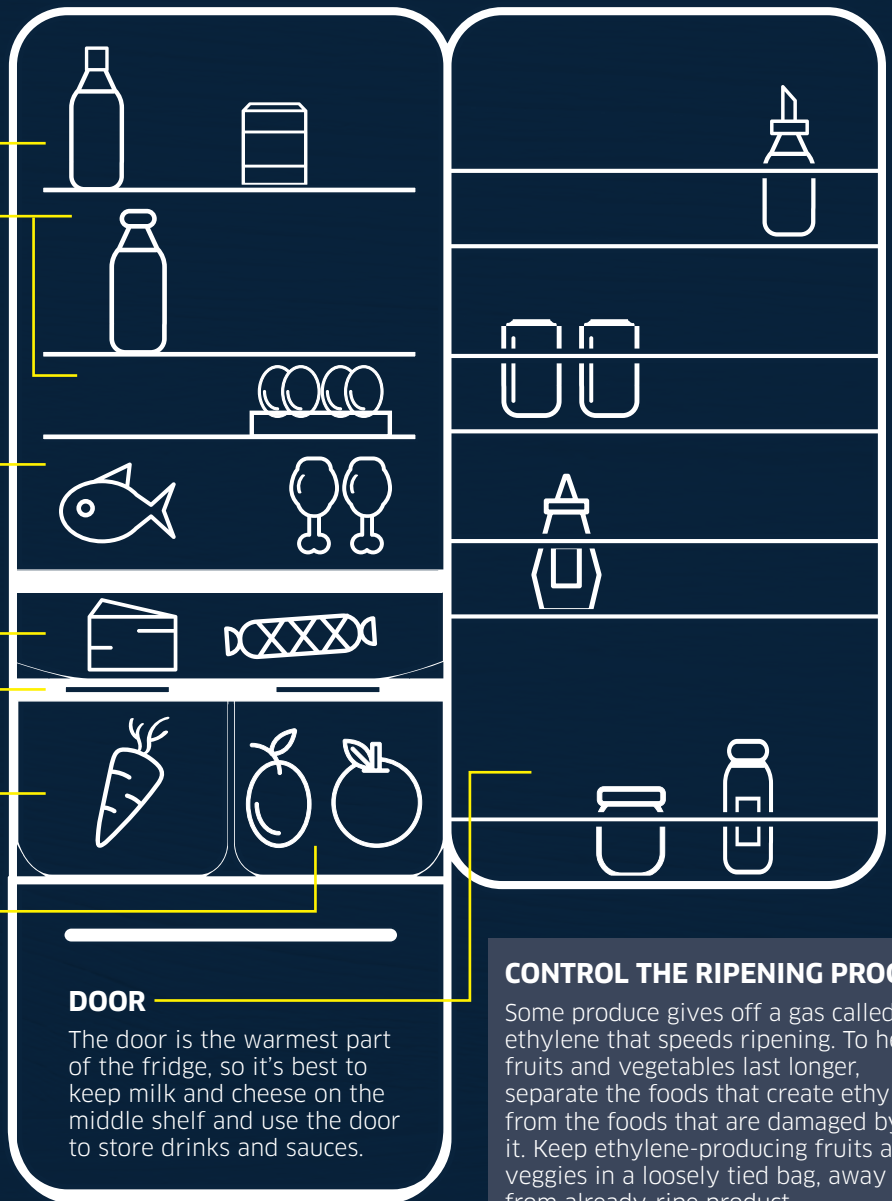
LOW HUMIDITY DRAWER

Best for fruits, along with vegetables that have a tendency to break down and rot: apples, grapes, lemons, mangoes, melons, mushrooms, oranges, peaches, pears, and papayas.

Be sure to keep both high-humidity and low-humidity drawers clean and dry.

TEMPERATURE

Keep it cool – make sure your fridge is set at **4°C (39.2°F)** or lower.



CONTROL THE RIPENING PROCESS

Some produce gives off a gas called ethylene that speeds ripening. To help fruits and vegetables last longer, separate the foods that create ethylene from the foods that are damaged by it. Keep ethylene-producing fruits and veggies in a loosely tied bag, away from already-ripe product.

High Ethylene Producers: apples, bananas, kiwis, tomatoes, and avocados.