

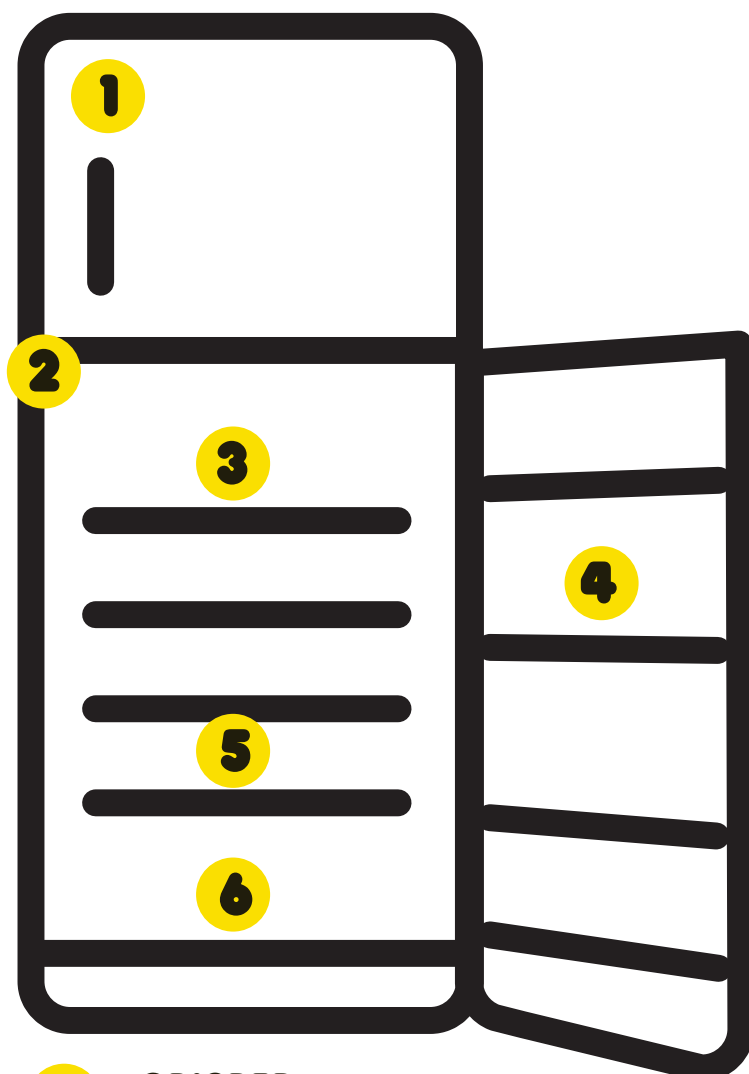
# A FOOD WASTE FIGHTERS GUIDE TO STORING FOOD IN YOUR FRIDGE & FREEZER

## 1 FREEZER

Use your freezer to freeze food you aren't going to eat in time. Be sure to use airtight containers, not over pack your freezer, and eat from it.

## 2 TEMPERATURE

Keep your fridge at 4°C and make sure you don't over pack it so cold air can circulate.



## 3 UPPER SHELVES

Store your leftovers and food that needs using up first here. Eggs are best stored on this shelf.

## 4 DOOR

Best for butter, condiments and drinks (excluding milks).

## 5 LOWER SHELVES

Best for meat, poultry, and seafood as this tends to be the coldest part of the fridge.

## 6 CRISPER

Store fruit and vegetables in the separate crisper draws.