



FRIDGE FIX

1. Freezer

Freeze food you aren't going to eat in time. Be sure to use airtight containers, check your freezer regularly, 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 food that needs using up first and leftovers here. Eggs are best stored on this shelf.

4. Door

Best for butter, condiments and drinks (excluding milks), as this is the warmest part of the fridge.

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 drawers.

