

# Organize Your Fridge Checklist

By Lauren Meir

## ☐ Keep it Fresh...or Frozen

- ☐ Clean and wipe down shelves and drawers regularly
- ☐ Don't wash fruits or vegetables until they're ready to eat Unwashed produce lasts longer.
- ☐ Check expiration dates before eating or drinking. If all else fails, smell it first!
- ☐ Place paper towels in bags of lettuce and other greens It will absorb the extra moisture and foods will stay fresher longer.
- ☐ Wrap parsley, cilantro, and leafy greens in newspaper or papertowel- They won't wilt as fast.
- ☐ Extend the life of your apples by keeping them in the fridge They'll stay good for weeks.
- ☐ Tomatoes don't care for cold ..save room and keep them in a cool place outside the fridge.
- ☐ Too hot and no air-conditioning? Put tomatoes in the fridge, but keep them away from other veggies. Tomatoes emit a gas that hastens the spoiling process
- ☐ If you're worried about bread going bad, put in the freezer When ready for eating, warm it up in the microwave for 30 seconds and then toast.
- ☐ Too much dairy, not enough room? Don't throw it out ..freeze dairy products like cheese and yogurt. Defrost when ready to eat. Partially defrosted yogurt tastes like ice cream!
- ☐ Freeze berries and ;bananas They can be used in ;recipes, blended in shakes or as cereal or yogurt toppers.
- ☐ Keep nuts like almonds, walnuts, cashews and pistachios in the freez-er They'll stay fresh and crunchy for ages.
- ☐ Freeze your flour It'll keep longer.

## ☐ Get Organized

- ☐ Keep foods organized by shelf or drawer Keep dairy together or with meats. Place fruits and veggies in the appropriate drawers.
- ☐ All condiments and bottled goods should be stored in the door.
- ☐ Conserve space If you have just a little bit of something in a large container or bottle, move it to a smaller container. Just make sure it's labebed so you know what you're eating!
- ☐ Place unopened products that don't require immediate ;refrigeration ;(like salad dressings and sauces) in the cupboard first.
- ☐ Put frequently used products towards the front of the fridge.

- ☐ **No space for more containers?** Store foods in plastic sealed sandwich bags to save room.
- ☐ **Ensure all perishables have legible expiration dates.** If it's hard to see or you're moving to another container, make a label first!
- ☐ **Throw out the carton** Place eggs in an egg organizer, just make sure the shells are labeled so you know when to toss.
- ☐ **Get stackable, clear containers in different sizes** These are great for everything from sauces to leftovers, are durable and great space-savers. Just make sure they're transparent so you can see what's in 'em.