Organize Your Fridge Checklist

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# Tasks:

☐ **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 freezer**

*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.*