

WHERE TO STORE FOOD IN YOUR FRIDGE

Temperature

Set your fridge at 39°F (4°C) or lower

Top Shelf

Leftovers, drinks, ready-to-eat foods, berries, herbs

Deli Drawer

Cheese, deli meats

Middle Shelves

Milk, eggs, dairy

The door is the warmest part of the fridge

TIP: Store in trays or sealed containers to prevent drips from contaminating the food below.

Bottom Shelf

Raw meat, poultry, seafood



High-Humidity Drawer

Put most veggies, particularly those that might wilt, in the high-humidity drawer.

Low-Humidity Drawer

Put fruits in the low-humidity drawer, along with vegetables that have a tendency to break down and rot.

Control the Ripening Process

Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate foods that create ethylene from the foods that are damaged by it.

High Ethylene Producers:

Apples, bananas, kiwis, tomatoes, avocados

