

THE REFRIGERATOR DEMYSTIFIED

Stocking your fridge with these tips will help your food stay fresh the longest.



1 PACKING THE FREEZER

Keep organized by using clear containers and labels and keeping a log of contents.

Divide food into individual portions that can be defrosted separately.

2 DO NOT OVERFILL

The fridge and freezer compartments need air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

3 THE UPPER SHELVES

A refrigerator's upper shelves are slightly warmer than below, and are a great place to store items that don't have a high safety risk.

Great for leftovers, drinks, yogurt, dips and sauces.

4 40°F/4°C OR BELOW

Because bacteria grow most rapidly between 40° and 140°F/4°C and 60°C, set your fridge to maintain a temperature of 40°F/4°C or below.

5 THE LOWER SHELF

The bottom shelf is the coldest place in the fridge. Foods with a higher risk are better off here.

6 THE DOOR

The refrigerator door is the warmest part of the fridge, getting a nice dose of warm air every time the door is opened.

It's a good place for condiments. It's not a good place for anything that is even moderately perishable.

7 DRAWERS

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).

8 HIGH-HUMIDITY DRAWERS

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

Carrots, leafy greens, spinach, arugula, basil, broccoli, etc.



9 LOW-HUMIDITY DRAWERS

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

Pears, apples, grapes, mushrooms, peppers, avocados, etc.

