

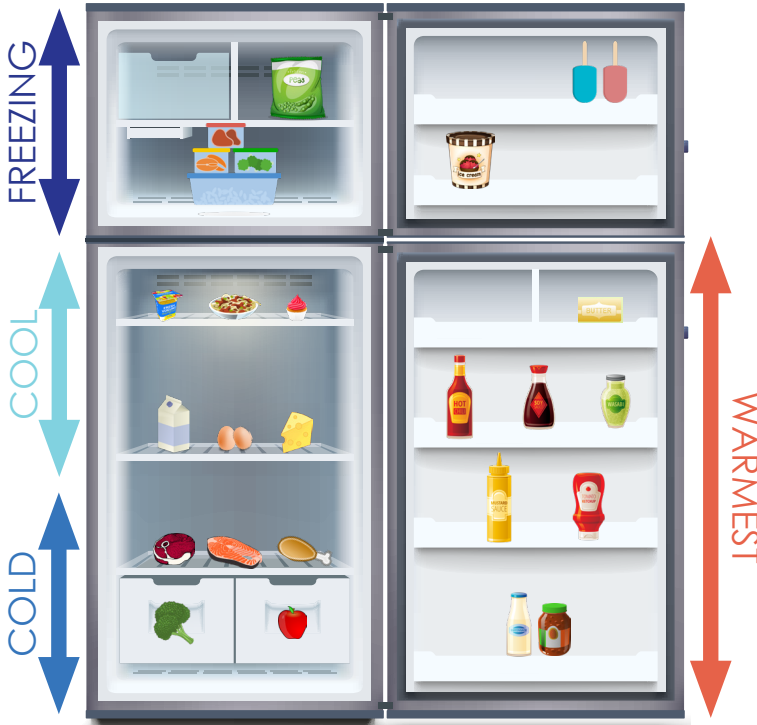
How to Store Food

In Your Refrigerator



On average, households throw away about \$1500 worth of food per year. Please follow these guidelines to properly store your food and reduce food waste.

Freeze your leftovers instead of throwing them away.



Keep the fridge at **4 degrees Celsius** or **below** to prevent bacteria build up.

Humidity Drawers:

High = Closed Vents (less air flow)

Low = Open Vents (more air flow)

Don't overstock your fridge. Air flow is needed for the fridge to function efficiently.

Don't Let Ice Build Up in Your Freezer.

Your fridge is forced to use more energy when ice builds up in the freezer. Prevent ice build up by not overstocking your freezer and keeping the temperature at **-18 degree Celsius**.

Upper Shelves

Leftovers, beverages, prepared foods, and any other low safety risk foods are best kept on higher shelves as this area of the fridge is slightly warmer than the bottom levels.

Lower Shelves

Foods that have a high safety risk like meat, poultry, and fish are best kept on the bottom shelf as it's the coldest part of the fridge.



High

Humidity Drawers



Low

Vegetables that tend to wilt, such as leafy greens, broccoli, celery, etc, go in the high humidity drawer.

Most fruits, and vegetables that tend to rot, such as mushrooms, go in the low humidity drawer.

The Fridge Door:

The fridge door is the warmest part of the fridge. Place the least perishable items, such as condiments in this area. Some fridge doors have an area to store eggs, however it is best to keep them on the upper shelves for freshness.