Easy Tips to Prevent Food Waste At Home

Maximize Your Food's Lifespan in the Fridge

Inside Freezer
Bread, meat, fruit, veggies, herbs, leftovers - and ice cream of course!

Upper Shelves
Ready-to-Eat Foods

Middle Shelves
Dairy Products (Milk, Eggs, Cheese)

Lower Shelves
Raw Proteins

Side Doors
Condiments and Nonperishable Drinks

Crisper (Low Humidity)
Apples, Pears, Avocados, Melons

Crisper (High Humidity)
Lettuce, Broccoli, Cucumbers, Peppers, Squash

- **Keep the fridge at 40° F or below to prevent spoiling.**

- **Keep fruits & veggies separate.** Fruits release ethylene which causes veggies to spoil. Wash only when ready to use.

- **Colder air sinks to the bottom of your fridge.** Store meat, poultry & fish near the bottom. Side doors are the warmest part of the fridge.

- **Freezing pushes the pause button to extend the storage life of many foods.**

- **Pack veggies loosely allowing air access.** The closer they are, the quicker they spoil.

- **Don't mix leafy greens with root veggies.** They'll last longer when stored in different drawers.

- **Shop your refrigerator first.** Cook and eat the food you have. Use ripe bananas in bread or peel and freeze for smoothies.

- **Plan your menu before shopping.** Make a list and only buy what you need.

- **Avoid buying perishable food in bulk unless you are committed to quickly eating or sharing it.**

- **Revive your veggies with a 10-minute ice water soak.** This works for green beans, carrots, broccoli, celery, asparagus and lettuce/leafy greens.

- **Use the edible parts of food you normally do not eat.** For example, turn stale bread into croutons, use carrot tops or parsley in pesto and turn soon-to-be discarded veggies into soup.

WM