

ORGANIZE YOUR REFRIGERATOR

with these quick tips

Store these items on the upper shelves:

- Peanut butter & jelly
- Hummus
- Fruit cups
- Yogurt
- Leftovers (place toward the front of the fridge so you don't forget about them)

Lower Shelves

- Eggs (in their original carton)
- Milk
- Raw fish
- Meat
- Poultry (place tray underneath to prevent drippings from contaminating other foods)

Crisper Drawers

High-Humidity Drawer:

- Broccoli
- Carrots
- Cauliflower
- Green onions
- Leafy greens

Low-Humidity Drawer:

- Apples
- Avocados (once ripe)
- Grapes
- Mushrooms
- Peaches
- Pears
- Plums
- Nectarines (once ripe)
- Peppers

Door

- Butter
- Condiments
- Juice
- Salad dressings