

Tips from NFRA

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Goodbye Winter, Hello Spring!

Temps are warming and spring is here (or at least slowly approaching for some areas of the country). Seasons are shaped by different foods - out with winter, warm comfort foods and in with spring, light foods. It's time for a refresh. Think: grilling, family vacations and picnics.

Spring Eating Tips

Tip #1: Spring clean your fridge and cupboards.

Doing so will allow you to take inventory of what you have, so that produce won't spoil and you won't overbuy. A beautiful fridge stocked with nutritious food inspires healthy eating.

1. Take out all items from the fridge and pantry.
2. Assess what you have. Check expiration dates. Discard/compost/recycle any expired or spoiled foods + containers. Use up what's about to go bad or freeze produce for later.
 - In the words of Marie Kondo, "does it spark joy?" or in the case of food, "does it inspire you to cook?" If not, discard or donate. If so, keep.
 - Take note of what and how much of an item you discard to inform your next grocery trip and make a list of items to restock.
3. Deep clean fridge and cupboards.
4. Place items back in fridge and cupboards, grouped by category.

Here's a quick guide to help organize your fridge. [1]

Upper Shelves - Leftovers (place towards front of fridge so you don't forget about them); peanut butter & jelly, hummus; fruit cups, yogurt

Lower Shelves - Egg (in their original carton); milk, raw fish, meat, and poultry (place in tray underneath to prevent drippings from contaminating other foods)

Crisper Drawers - If you don't have humidity adjustments, just separate by these categories:

Lower-Humidity Drawer - apples, avocados (once ripe), grapes, mushrooms, peaches, pears, plums, nectarines (once ripe), peppers, melon (once ripe), summer squash

High-Humidity Drawer - broccoli, cauliflower, green onions, leafy greens

Door - butter, condiments, juice, salad dressings

Tip #2: Switch up your recipe repertoire.

Mix some seasonal spring produce (ie: asparagus, kale, broccoli, mushrooms, citrus, strawberries or rhubarb) into your line-up of weekly meals with your freezer and refrigerated favorites.

1. Consumer Reports. (2017). How to Organize a Refrigerator for Maximum Freshness. Retrieved from <https://www.consumerreports.org/refrigerators/how-to-organize-a-refrigerator/>.



For more tips and recipes, visit [EasyHomeMeals.com](https://www.EasyHomeMeals.com)

