

# THE REFRIGERATOR DEMYSTIFIED

40% of food in the U.S. is never eaten. Stocking your fridge with these tips will help your food stay fresh the longest.

**1 TEMPERATURE**  
40°F or below to help food last longer.

**2 HUMIDITY DRAWERS**  
The levers on crisper drawers change humidity. Set one to high and one to low.

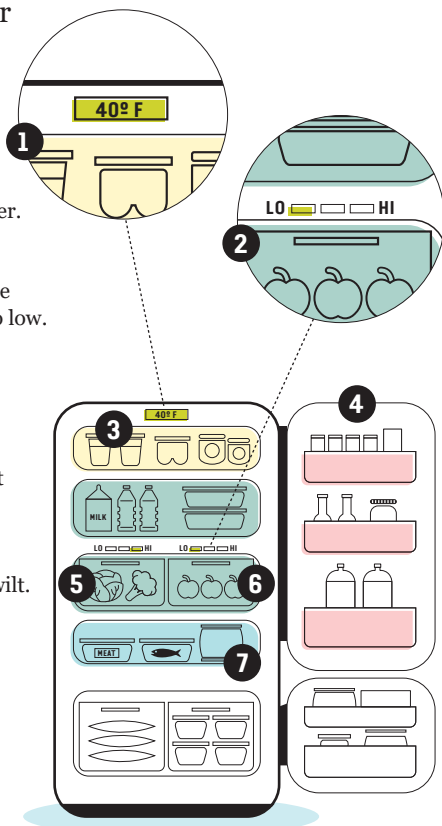
**3 THE UPPER SHELVES**  
Warmer. Store leftovers and drinks.

**4 DOOR**  
Warmest! No milk or eggs here, best for butter, condiments, and drinks.

**5 HIGH-HUMIDITY**  
Most veggies, especially those that wilt.

**6 LOW-HUMIDITY**  
Fruits, along with veggies that may break down and rot.

**7 LOWER SHELF**  
Meats and fish are better off at the bottom—it's usually the coldest and reduces risk of contamination.



For more tips, visit [SaveTheFood.com](https://www.savethefood.com).

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