

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

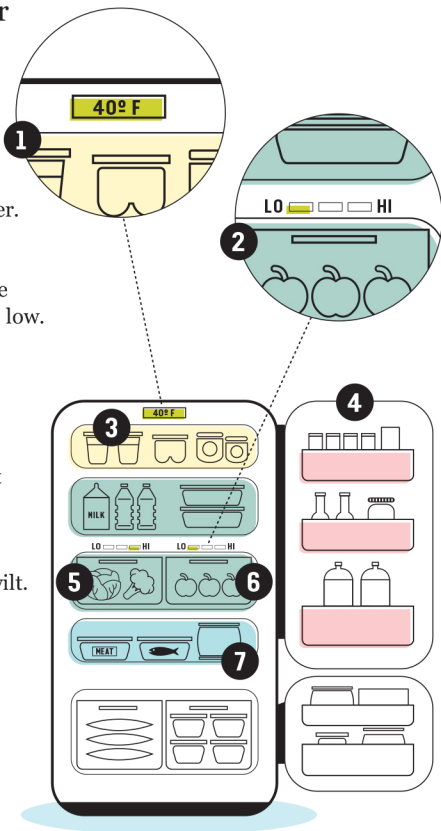
Most veggies, especially those that wilt.

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).

From Waste Free Kitchen Handbook by Dana Gunders, 2015. Used with permission from Chronicle Books, San Francisco.