

FOOD & FRIDGE ORGANIZATION



Think SPACE

When your fridge is chaotic and cluttered, it's easy to feel overwhelmed and stressed. It takes time to search for specific items and foods can easily be forgotten

If you have space in your fridge, you can clearly see what you have already bought, what you might need to buy, and what your options are for preparing meals

Consider PAIRS

When you're purchasing fruits and vegetables, pair hardy fruits and vegetables with fruits that spoil faster.

If you are always buying fruits and vegetables together that spoil quickly, you will most often end up throwing away some of them. By thinking of fruits and vegetables that are hardy compared to those that spoil quickly, waste can be diminished.

Hardy Fruits & Vegetables

- Potatoes
- Apples
- Pears
- Oranges
- Grapefruits
- Butternut squash
- Beets
- Grapes
- Acorn squash
- Carrots

Fruits & Vegetables That Spoil Quickly

- Strawberries
- Raspberries
- Kiwi
- Lettuce
- Mushrooms
- Tomatoes
- Green beans
- Fresh herbs

Examples:

Pair apples + strawberries together

Try to not buy lettuce and mushrooms in the same week, if you struggle to eat/prepare these, as both can spoil quickly

Easy Tips/Tricks

Cleaning fruits and vegetables:

- Water + baking soda
- Water + apple cider vinegar

Glass storage over plastic storage especially when the food is still hot/warm

Frozen fruits and vegetables over canned

Think 2 types of fresh fruits + 2 types of fresh vegetables per week

