

# Start Fresh in the Fridge

One simple step to a healthier you:

*Start Fresh!*

Take everything out of the fridge. Clean all drawers, shelves, sticky bottles and throw away anything that's expired or you no longer need.

Before you go to the grocery store each week, go through the fridge and toss anything past its prime. This will help you make your list and give you a chance to clean up and reorganize.

When reloading, organize foods based on their purpose or type. For example, keep all condiments on the doors, salad dressings together, specialty items like sesame oil or hot sauces in another section. Things you use often should be easy to get to, things that are only used once in a while can be toward the back. Remember you can change the height of the shelves and drawers in most refrigerators, so customize yours to fit your needs.

*Get Organized*

Use clear bins that stack and fit easily on the shelves, keeping similar items together. Bins are easy to label, clean, and can keep the fridge organized.

Keep your shelves clean. Wipe spills immediately and clean sticky jars. Don't let the crumbs pile up.

Process fruits and veggies when you bring them home. Wash, dry, chop and bag your produce (except berries, wash those when you are ready to eat them). Carefully store delicate greens and perishables. Untie fresh herbs and lay them on a row of paper towels or dish towel, then roll them up. Place rolls into produce bags and store in the crisper.

Store blocks of cheese in cheese bags. Cheese needs to breathe, take it out of the plastic, but keep it covered.

*Prepare!*

Pre-make bags of veggies and fruits for grab-and-go snacks for the week and store them on the upper shelves where you will be most likely to see them. Don't put them in the bottom drawer, you may forget to use them.

Keep a covered water pitcher in your fridge with a few slices of lemon or cucumber to provide flavor and nutrient boost instead of turning to soda.

Store leftovers at eye level, in the front of the fridge so you don't forget about them.

Keep raw meat on the lower shelves to prevent contamination to other foods if it leaks.

*Healthy Eating*

What you have is what you will eat. When keeping healthy foods around, you will be more likely to eat them and be on your way to a healthier you.



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**STARTS WITH A CLEAN  
AND ORGANIZED FRIDGE**