

# HOW TO

# ORGANIZE YOUR FRIDGE LIKE A PRO



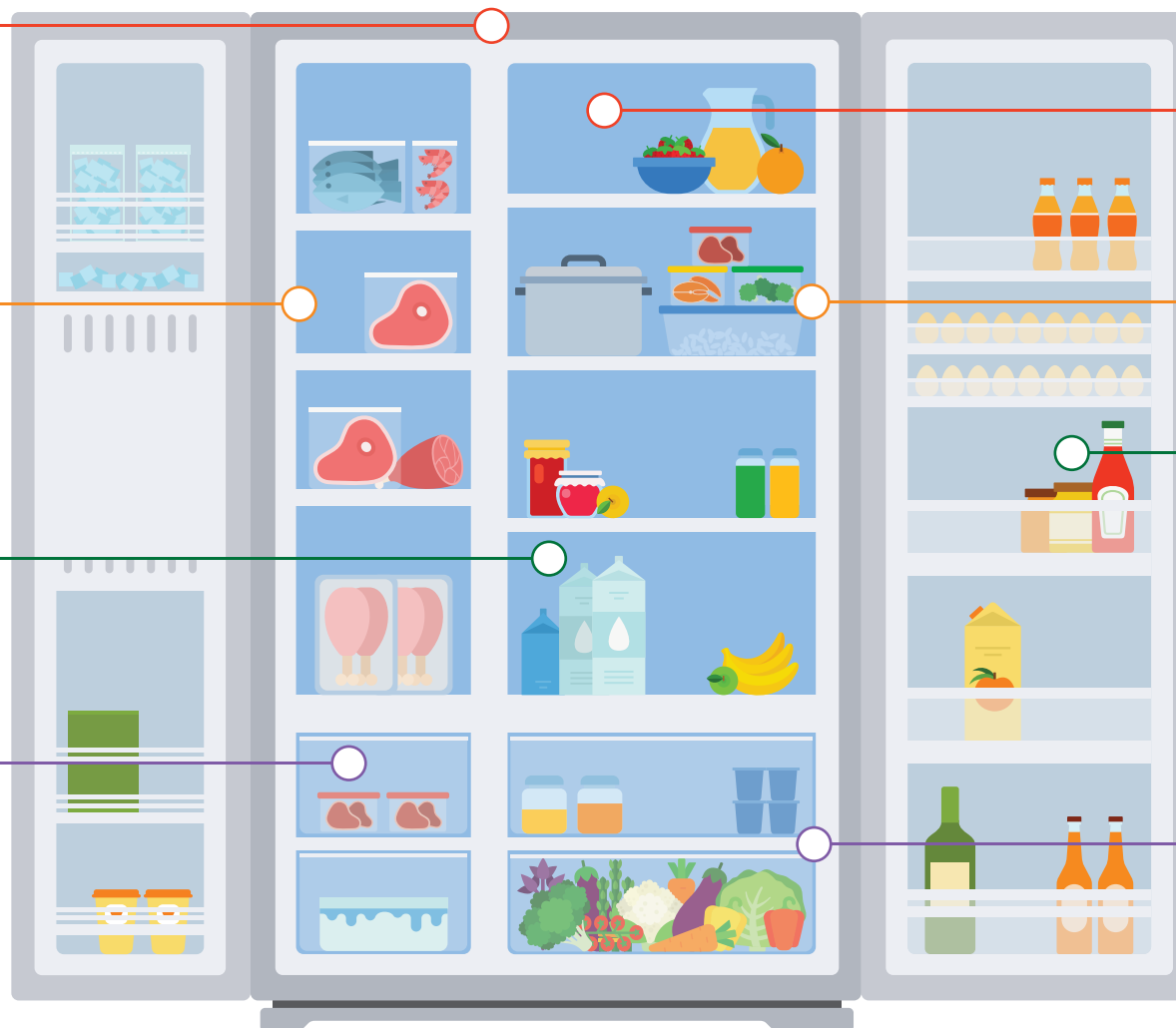
Kroger's experts share their fridge/freezer tips to help reduce food waste in your home.

Don't stack food on top of the fridge. It will spoil quickly, because of the heat from the fridge.

In the fridge and freezer, seafood goes on the top, beef and pork in the middle poultry on the bottom.

In the fridge, store ready-to-eat foods at the top, leftovers in the middle and milk lower down.

Freeze items in smaller portions so you only thaw what you can eat.



To keep cool air circulating, don't overstuff your fridge. This also helps you see what's fresh.

Start by cooling hot foods to 70°F on the counter (max 2 hours) and then finish cooling in the fridge to reduce bacteria growth.

Use the fridge door for condiments like ketchup, mustard and relish that won't spoil as easily when it opens and closes.

Keep the freshest produce in one crisper drawer and older produce in the other so you know what to eat first.



Kroger's plan to end hunger in our communities and eliminate waste across our company by 2025.

For more great ideas on reducing waste, visit [Krogerstories.com](https://www.kroger.com/krogerstories)