

SET YOUR FRIDGE AND FREEZER UP FOR SUCCESS IN 5 EASY STEPS

1

Give your fridge and freezer a good clean out

Often there are things hiding in our fridge or freezer that have either expired, gone off or have been sitting in a container for far too long.

2

Look at ways to reduce the size of items

Could you pre-cut veggies and/or do you have half full containers/bags that could be put into smaller contains/bags. By cleaning out the fridge and freezer and reducing the size of items you'll now have more space.

3

Identifying Categories of Foods and Items

Now it's about working out the different categories of foods/items in your fridge/freezer - fruit, vegetables, meat/poultry, nuts/seeds, dairy, jars of condiments, frozen left overs or grab and go meals.

4

Strategically Placing Foods and Items

Then look at which foods/items you use the most and strategically place them in areas of the fridge/freezer so you have easy access vs having to pull items out to get to them.

5

Keeping Certain Foods/Items Together

Also to save more time, have a think about keeping certain foods/items together that you use often i.e. to make a salad, smoothie, breakfast etc... This way you are just pulling items out from one shelf or area vs. from different areas of the fridge.