

# Refrigerator Organization

Organizing your refrigerator can help you make healthier choices!

- ✓ Give yourself enough time to put your groceries away
- ✓ Place healthier items in the front so they are easily visible and accessible
- ✓ Group similar food items together such as dairy, fruits, veggies & meats so they are easy to find
- ✓ Make sure to utilize your freezer too! Buy meat, fruits and veggies & put them in individual bags to pull out of the freezer when you need them
- ✓ Snacks for your fridge—greek yogurt, hard boiled eggs, carrot & celery sticks, strawberries, blueberries, hummus, string cheese
- ✓ Keep food safety in mind to prevent foodborne illness -ready to eat foods should be above raw meats

**UPPER SHELVES**

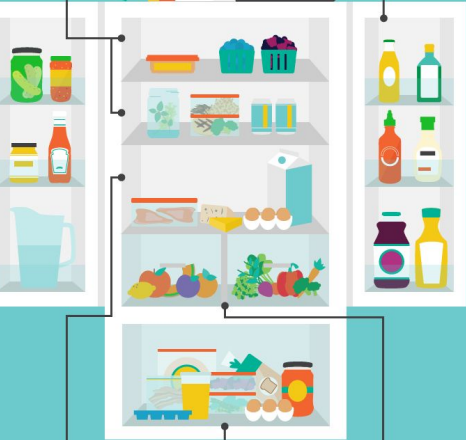
- Leftovers
- Drinks
- Ready-to-eat foods
- Herbs

**ON TOP**

- Appliances
  - Paper towels
  - Cookbooks
- Don't store here
- Wine
  - Bread
  - Produce

**DOORS**

- Condiments
  - Juices
  - Water
- Don't store here
- Eggs
  - Dairy



**LOWER SHELVES**

- Eggs
- Dairy
- Raw meat

**FREEZER**

- Ice
- Frozen fruits
- Frozen veggies
- Stock
- Meat
- Tortillas
- Bread
- Pasta sauce
- Eggs

**CRISPER**

- Fruit
  - Veggies
- (Keep these separate)

**OPTIONAL FRIDGE ITEMS**



**NEVER REFRIGERATE**



**SPORTS NUTRITION**  
FUEL YOUR INNER CHAMPION