

Nourrir la vie

Organizing your fridge

To extend your food's shelf life

Cooked dishes

Keep them visible and put the oldest so they get eaten first.

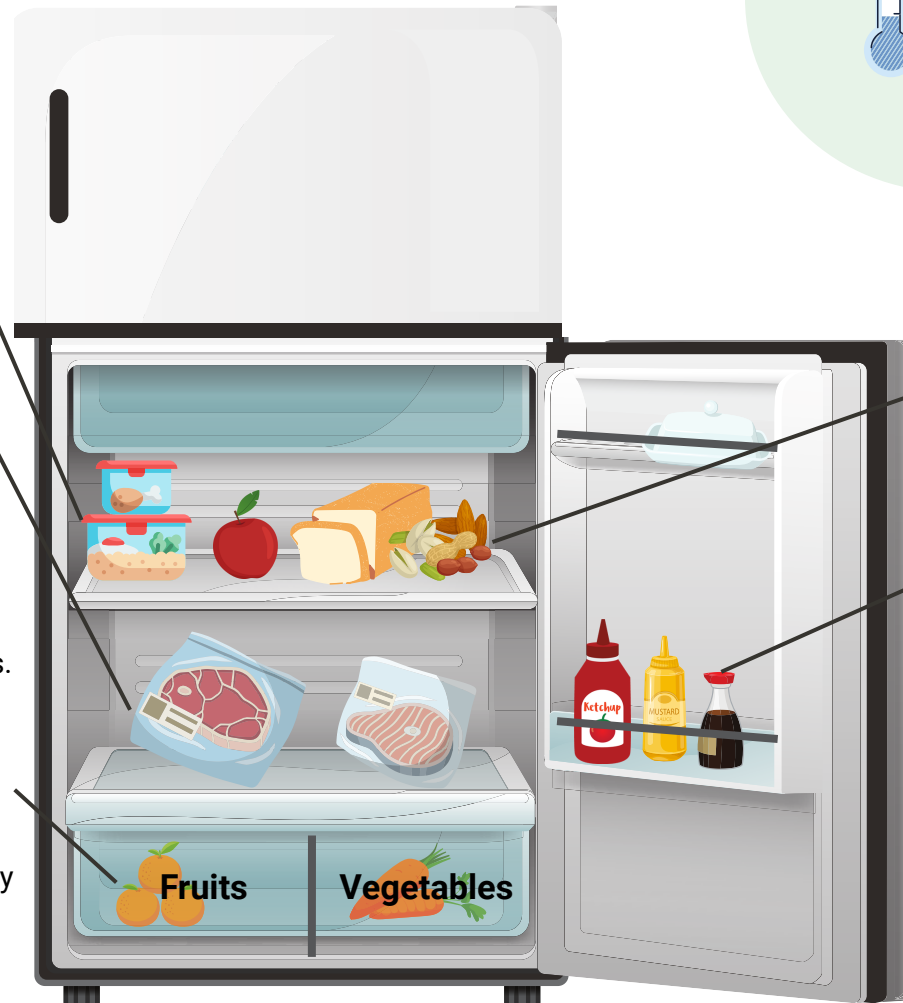
Raw meat and fish

Store on the bottom shelf. Make sure to cook or freeze them within 2 days.

Fruit and vegetables

Sort them into different drawers.

Keep apples, kiwis, pears, melons, peaches, apricots and avocados separate from other fruits. Whether stored at room temperature or in the fridge, they make other fruit ripen faster.



Temperature



Make sure your fridge temperature is between 0°C and 4°C.

Check the temperature regularly.

Bread, nuts and seeds

They stay fresh longer when refrigerated.

Condiments and butter

They can go in the door, as they are less sensitive to temperature fluctuations.

Keep perishable items visible. That way you won't forget about them!

Nourrir la vie

Organizing your freezer

To extend your food's shelf life

Meat and fish

Repackage them in an airtight container and freeze them when you get back from the grocery store if you don't plan to use them within the next two days.

Bread, cheese, nuts and seeds

Keep them in the freezer if you aren't going to consume them quickly.



Temperature

Make sure your freezer is at -18°C or lower.



Check the temperature regularly.



At room temperature:

Bananas and tomatoes should be kept at room temperature, but not in the same container.



For more tools, go to www.centrealima.ca

