

Fridge Storage Cheat Sheet

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Get the most from your fridge and avoid mystery ingredients and science experiments by knowing just how long you can keep food refrigerated and at its best with this handy cheat sheet.

Upper Shelves (slightly warmer)

Store foods that don't have a health safety risk

Beverages
Yogurts
Leftovers

Middle Shelves (cooler section)

Store foods with a higher safety risk.

Eggs
Milk and creamer
Deli meats and cheese

Lower Shelves (coldest section)

Due to it being the coolest, store meats and poultry – place in a pull out basket to keep raw meat from dripping

Meat
Poultry
Fish

Door (warmest section of the fridge)

Not a good place for anything perishable

Condiments
Beverages
Sweets
Sauces

Drawers

If your refrigerator doesn't have humidity controls on crisper drawers, you can still have the same results of low and medium humidity by leaving the drawers slightly ajar, or by placing fruits and vegetables on the middle shelf in the refrigerator.

High Humidity Drawer (Vent Closed)

Less air coming in, which is holding the water vapours in the drawers

Best for keeping vegetables that might wilt

Leafy greens- Spinach, Lettuces

Basil/parley/coriander

Green onions

Carrots

Broccoli, Brussel sprouts, cauliflower

Middle Medium Humidity Drawer (Vent Half Open, Half Closed)

Best for fruits and vegetables like

Oranges

Lemons

Limes

Melons

Sweet Potatoes

Lower Humidity Drawer (Vent Open)

More air coming in so it's best to keep fruits and vegetables that will break down and rot. Best for:

Apples

Pears

Grapes

Berries

Peppers

Avocados