



Challenge Week 4

REFRIGERATOR / FREEZER

Your mission: Maximize space and make food accessible; also, minimize food waste. You can also follow me on twitter at https://twitter.com/_livingwithdana if you need challenge reminders.

Clean first

Gather cleaning supplies. A paste of baking soda and water can be used to clean inside the refrigerator. Use a disinfectant to clean meat spills. Do a couple shelves at a time. Have a cooler nearby so you can put food into the cooler while you clean in the refrigerator/freezer. Remove shelves and bins for washing. Wipe inside ref./freezer. Group similar foods together. Check expiration dates as you remove/replace foods. Have trash bag nearby.

Use bins / baskets

Organize groups of foods in bins. Get bins that fit from front to back of refrigerator/freezer. Purchase clear bins so you can see the contents at a glance.

Lazy Susans

We love turntables in the refrigerator. At a spin, you can bring items in the back of the fridge to the front without having to move items out of the way.

Leftovers

Store in clear containers. Purchase a Lazy Susan that comes with storage containers shaped like pie slices.

Adjust Shelves

As you return items to the refrigerator, adjust shelves to see if you can gain room for additional storage. Purchase additional shelves if needed.

Freezer

Clean and organize both the freezer attached to the refrigerator and later, the chest freezer for long-term/bulky storage. Freeze soups in plastic bags, in flat position to save space. Use freezer basket to organize foods. Baskets can be helpful because if foods are stacked on top of each other they could topple out when you try to take something from the bottom of the stack.