

FIND IT IN THE FRIDGE

REFRIGERATOR CLEAN OUT



WHY DEEP CLEANING YOUR FRIDGE IS IMPORTANT TO STAY HEALTHY?

Cleaning out your refrigerator is never high on the priority List. However, it is an important aspect of living a healthy happy lifestyle. First, you want to keep your area clean and sanitized. When you bring fresh food into your home you want to ensure you are placing it on a germ-free counter. Then of course you want to put those foods in a clean and organized

Ideally, a refrigerator that is being used regularly to store fresh groceries, cooked food and various sauces, should be deep cleaned every 2 months. A clean refrigerator will keep your food fresh and prevent the breeding of germs that can further cause diseases like food poisoning.

Steps to Cleaning Out Your Refrigerator:

Tools: Clean cloth, bucket, hot soapy water

Tip: Work from top to bottom to prevent dripping on surfaces

1. Empty the refrigerator
 - a. Dispose of anything that is out of date or you that you don't use
 - b. Wipe down surfaces

1. Top Shelves
 - a. Leftovers, again I like glass Pyrex but plastic airtight containers work just as well.
 - b. Ready to eat items like hummus, salsa and guacamole
 - c. Berries
 - d. Fresh herbs
2. Lower shelves
 - a. Meat
 - b. Eggs
 - c. Dairy- Cheese & yogurt
3. Crisper(s) There are usually 2
 - a. One draw for fruits
 - b. Second draw for veggies
4. Door(s)
 - a. Condiments
 - b. Juice
 - c. Bottled water
 - d. Pickles
5. Freezer
 - a. Frozen items!
 - b. Meat
 - c. Bread
 - d. Frozen Fruits and veggies

Notes:

To prevent growth of mold and other microbes that spoil food and can potentially make you sick follow these tips

- Refrigerator temperature at 40 degrees F
- Freezer at 0 degrees F
- Doors are the warmest part of the fridge don't put items that spoil easily here
- The upper shelves have the most consistent temperature
- Crispers are designed to hold in moisture that fruits and veggies need
- Ethylene which helps fruits to ripen causes veggies to wilt and spoil. Store separately.
- Don't overcrowd the fridge to allow air flowing and reduce temperature fluctuations
- Close the refrigerator door.
- Items that do not require refrigeration: tomatoes, bananas, squash or potatoes.