



Store your food
right!

The top-most shelf is the warmest spot in the refrigerator.



Store foods in the top-most shelf that do not need to be kept very cool.





The top refrigerator shelf is the right place for e.g. jam, pre-cooked food or leftover meals.



Before you put cooked meals in the refrigerator, you should place them in closed containers.



Dairy products belong in the middle refrigerator shelf.



The lowest shelf is the coldest place in the refrigerator.




Keep perishable foods, such as meat, fish, poultry or sausage meat, in the lowest shelf.

The bottom drawers are the vegetable compartments.





**Fruit and vegetables must be stored
seperately in the refrigerator.**

A photograph of an open refrigerator filled with fresh produce. The top shelf contains several ripe peaches, a basket of coconuts, a container of blueberries, a cantaloupe, and a red bell pepper. The middle shelf has a clear plastic bin filled with green limes. The bottom shelf is packed with various items, including a bag of potatoes, sweet potatoes, corn cobs, a head of broccoli, and a clear plastic container of green leafy vegetables. A white, torn-edge callout box is superimposed over the center of the image, containing text.

The reason: Many fruit and vegetable varieties release ethylene gas as they mature.

Remove the greens from root vegetables such as carrots. This will keep them fresh longer.



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Tomatoes do
not belong to
the
refrigerator.

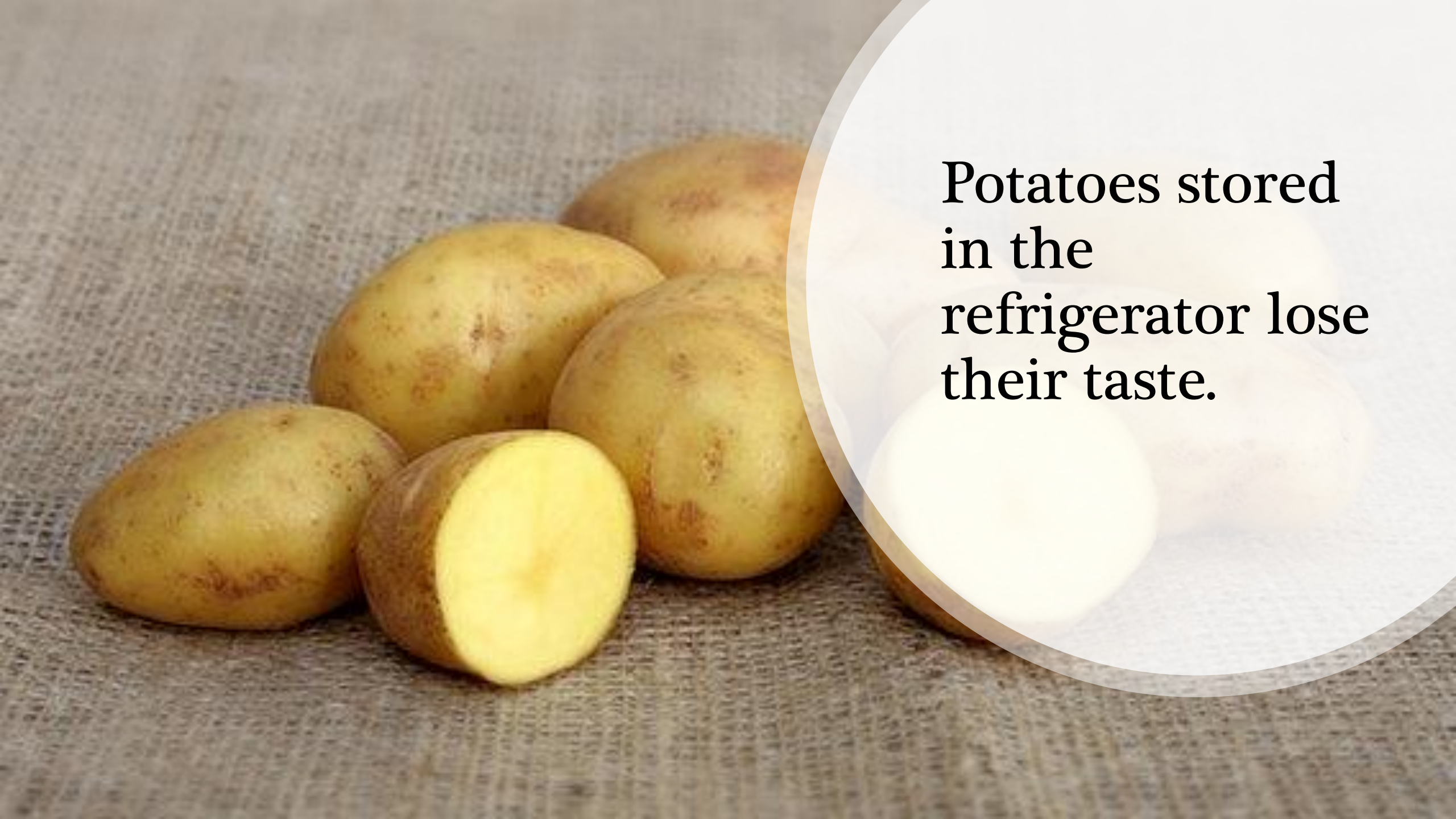




- Tomatoes lose their flavour as a result of cold refrigerator temperatures.



Potatoes are sensitive to low temperatures and do not belong to the refrigerator.

A group of yellow potatoes is arranged on a light-colored, textured burlap surface. One potato in the foreground is cut in half, revealing its bright yellow interior. The background is slightly blurred, showing more whole potatoes. A large, semi-transparent white circle is overlaid on the right side of the image, containing text.

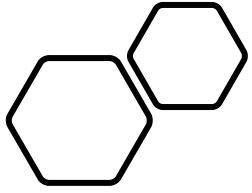
Potatoes stored
in the
refrigerator lose
their taste.

Keep butter, egg or
beverage bottles in
the refrigerator
door.



Keep track of the contents of your refrigerator.





Put newly
bought
products in the
back and
moving older
ones toward the
front.



Always put your food
in the refrigerator in a
sealed container or
cover it.



Clean your
refrigerator
regularly.



Regular cleaning
will prevent the
buildup of germs
and bacteria.



● The top

The top of the fridge has an average temperature of 7°C, making it ideal for storing **butters** and **cheeses**.

● The middle

The middle of the fridge maintains the optimum temperature of 4-5°C. **Fresh fish**, **cooked meats**, **eggs**, **dairy products** (like **soft cheese**), **cream** and **yoghurts**.

● The lower levels

The lower levels of the fridge maintain a temperature of about 3°C and are the best place for **raw meats** and **chilled ready meals**.

● The drawers

The salad drawers have a higher temperature of 8 to 10°C

