THE REFRIGERATOR

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.

NARMEST





LEAVING THE FRIDGE DOOR OPEN



when you pour milk into your cereal wastes 7% of a fridge's energy, according to Home Energy Magazine.



THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE, GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.

It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

40 DEGREES OR BELOW

Because bacteria grow most rapidly between 40° and 140°, your fridge should be set to maintain a temperature of 40° or below

DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.