Never let ice build up
It forces your fridge to use more energy.

The upper shelves
The upper shelves are slightly warmer than below, and are a great place to store items that don’t have a high safety risk.

Great for leftovers, drinks, ready-to-eat foods like yogurt or cheese.

The lower shelves
Foods with a higher safety risk are better off in coldest section.

The bottom shelf is the coldest place in the fridge.
Store meat, poultry, and fish in trays to prevent them from dripping.

High & Low humidity drawers
The adjustable levers on the crisper drawers change humidity levels.

If your refrigerator has these, set one high (closed, less air coming in) and one low (open, more air coming in).

Freezing cold
Warmest
Cool

The refrigerator door is the warmest part of the fridge.
Getting a nice dose of warm air every time the door is opened.

Leaving the fridge door open
When you pour milk into your cereal, it wastes 7% of a fridge’s energy, according to Home Energy Magazine.

That’s the same as 830-2000 60W light bulbs each year.

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.

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

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.

Find out more about reducing food waste at www.nrdc.org/food/wasted-food.asp