

# Day 7: The Refrigerator

## 5-Step Guide to Refrigerator Organization

1. The Door - Condiments
2. Meat & Deli Bin - Cooked Meats (deli, hot dogs...)
3. Drawers - Fruits and Veggie
4. Lower Shelf - Raw Ingredients for Cooking (Meat, eggs), milk in the coldest location
5. Upper Shelf - Ready-to-eat foods (yogurts, cheese, leftovers)

## Checklist

*Objective: To clean and organize the refrigerator and freezer -- following the food safety 5-Step Guide -- to keep food fresh, safe, and accessible.*

- Remove food and place on a counter or in a cooler. Check dates on packaged foods and discard expired items.
- Remove shelves and drawers and set in the sink.
- To clean and eliminate odors: mix a solution of 2 tablespoons baking soda to 1-quart hot water and wipe down the interior. Dry thoroughly.
- Clean the shelves and drawers with the same solution, dry thoroughly and return to the refrigerator.
- Wipe down the outside of the refrigerator, including the top.
- Return food to the refrigerator, placing them according to the 5-Step Refrigerator Guide.
- Repeat steps with the freezer.

## Tomorrow

- The Junk Drawer

