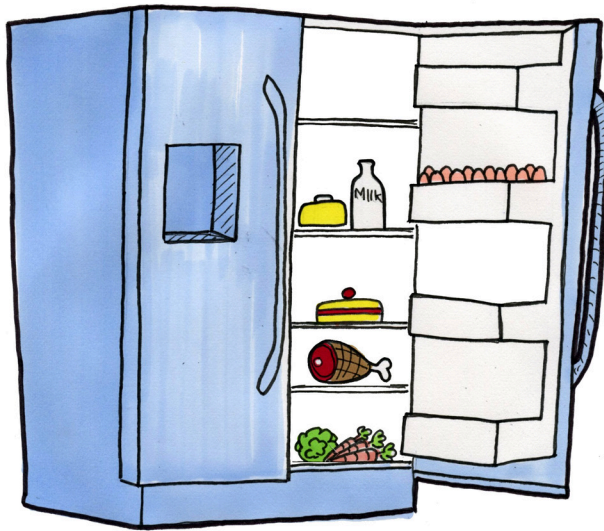


FRIDGE AND CUPBOARD MANAGEMENT



Being smart about what you've got in the fridge and cupboards will make it easier for you not to waste food. Here are a few simple guidelines to help you get organized:

WHEN YOU PUT FOOD IN YOUR FRIDGE, MAKE SURE:



- The vegetables go in the vegetable drawer at the bottom of the fridge.
 - Uncooked meat and fish are wrapped up well and placed on the bottom shelf of the fridge so they don't have a chance to contaminate anything on the shelves below if any raw juices drip out.
 - Any food that is ready to eat, whether it's cooked or it doesn't need to be cooked, is stored on a higher shelf than raw meat or fish.
- New and old food is rotated. For example, if you have some pots of yoghurt from last week's shopping to use up, put those in front of the pack you've just bought so you eat them first.

GENERAL FRIDGE TIPS

- If you open a can of food like soup, tomatoes or beans and only use half of it, never put the half empty can in the fridge. Food can react with the metal of some cans when exposed to the air and go bad. Always pour the remains of a can into a small bowl or plastic container, cover that with an airtight lid or cling film, then store it one of the upper shelves of the fridge.
- Try to take everything out of your fridge once a month and clean the shelves and the rubber seal around the door with a scourer and hot soapy water. Dry the fridge thoroughly with kitchen towel, and check the 'best before' or 'use by' dates (see *Understanding shelf life*) on food as you return it to the fridge. Get rid of anything that's past its best and remember that jarred foods, like pasta sauces and salsas, should be eaten within a few days of opening. If you've got half-full jars of food that have been hanging around the fridge for a while, throw those away.

CUPBOARD MANAGEMENT TIPS

- Take everything out of your store cupboard once every 6 months or so. Hoover right into the corners and wipe the shelves clean with a damp cloth. When you put things back in, get rid of anything that's past its best. Try to put things back in date order, so the things you need to use up first are at the front of the cupboard and the things that will last longer are at the back.
- Stick heavy things like cans and bottles at the bottom of your cupboard, so they can't tumble out and hit you on the head!
- It's not often you use a whole bag of flour, sugar, rice or pasta in one go, so make sure opened bags are clamped tightly shut with a plastic clip, or stored inside containers. If they aren't, small flies and insects can get inside the bags and lay eggs.