

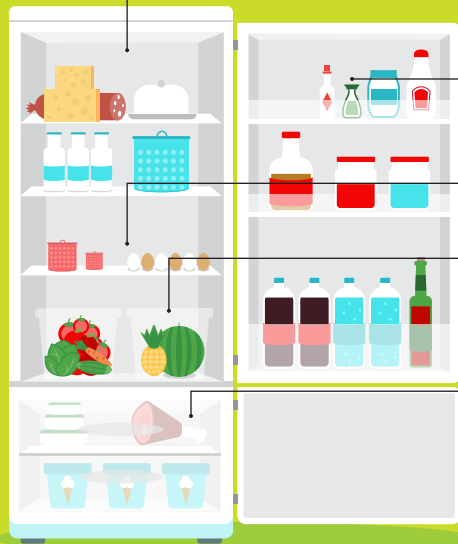
# Tips to fight food waste

## Refrigerator insider

Help your refrigerator save food



Keep fridge temp at 40 degrees or below. Bacteria do not like the cold.



**Top shelf:** This area has the most consistent temperature in the fridge. Store cheese, butter, and cooked meats here.

**Door:** The warmest space in the fridge. Good for condiments, but **not** good for perishables (like milk and eggs)

**Bottom shelf:** The coldest part of the fridge. Store eggs, milk, and raw meat here.

**Crisper drawers:** Can help control humidity levels for better storage (e.g., high humidity for lettuce, low humidity for fruits and veggies).

**Freezer:** Prepare and freeze items for use throughout the month. Freeze foods you won't be able to eat in time, such as bread, sliced fruit, or meat.

## Best if used: Understand food labeling



The dates on food labels are generally not expiration dates\*, but merely suggestions as to when the product is at its freshest. The grocery industry recently adopted voluntary standards to clear up what product date labels mean.

“Use by”– products with this label should be consumed by the date listed on the package.

“Best if used by” describes product quality. After that date, the product may not be at peak flavor, but is generally safe to consume.

Use your sense of smell, sight and judgment to determine when food has gone bad. Don't use foods that have developed an off odor, flavor or appearance.

\*The only federally regulated food labeling is on baby formula to ensure that the nutrient levels listed on the packaging are accurate until the expiration date.

## Practice meal planning



- Shop your refrigerator first. Find recipes using ingredients you already have at home.
- Plan out meals for a week–start with your go-to meals. Then make a shopping list.
- Create meals in batches. Freeze them for later use, in portion sizes that you'll want to defrost later.
- Plan a leftovers night each week to eat it up.

## Use it up



- Create an “Eat Me First” bin for the fridge so your family knows what to eat first.
- Write what date an item was opened on the packaging.
- Can't use it up before it goes bad? Freeze or preserve it!

**More tips to help fight food waste can be found here:**

- Save the Food: [savethefood.com](http://savethefood.com)
- Sustainable Management of Food (EPA): [epa.gov/sustainable-management-food](http://epa.gov/sustainable-management-food)

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