Fridge Organiser

Top Shelf- Ready To Eat Items

Leftovers
Deli meats
Cooked meals
Ready-to-eat snacks
(This shelf stays consistent in temperature, perfect for prepped food.)

Middle Shelf- Dairy & Daily Use

Milk (if not in the door)
Cheese (in a sealed container)
Yoghurt, cream, butter
Jars in use (jam, mustard, chutney)
(Not too cold, not too warm, this is Goldilocks territory for dairy.)

Bottom Shelf- Raw Meat, Fish & Poultry

Always in a tray to catch drips
Kept well sealed
(This is the coldest part of most fridges, ideal for perishables.)

Crisper Drawer- Fruit & Veg

One drawer for fruit (low humidity)
One for veg (higher humidity if your fridge allows)
(Keep things in their own little climate.)

Fridge Door- Condiments Not Milk

Sauces, salad dressings, pickles
Drinks
(This is the warmest part of the fridge, so best for things with natural preservatives.)

Label leftovers with the date, keep meat on the bottom, and don’t let that cucumber weep alone in the back corner.