

**CHILL  
OUT** ❄️

\*Fresh Food  
for Festive Fun

# FRIDGE STORAGE BASICS

**LOVE  
FOOD**  
hate waste  
NEW ZEALAND

## TEMPERATURE

Set your fridge between 2° - 5°C.

## THE DOOR IS THE WARMEST PART OF THE FRIDGE

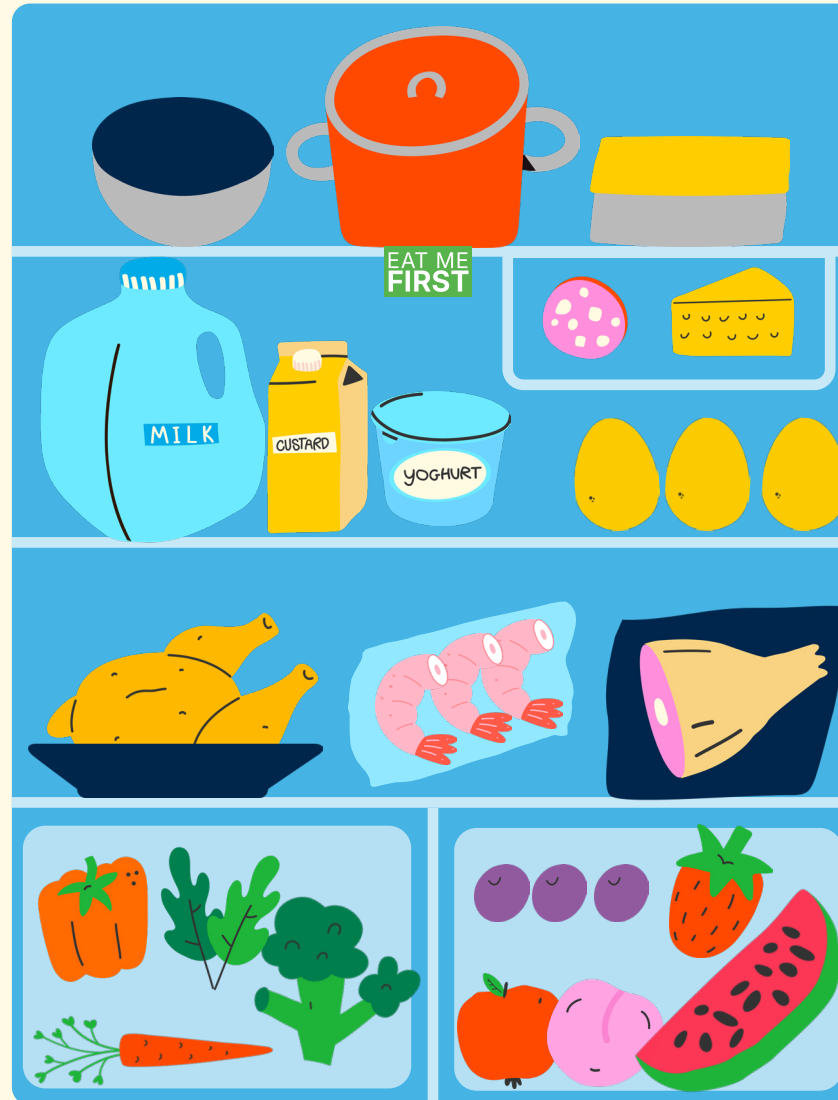
Don't store your milk here.

## SET HUMIDITY LEVELS

The adjustable levers on the crisper drawers change humidity levels. If your fridge has these, set one to high humidity (closed, less air coming in) and one to low (open, more air coming in).

## HIGH HUMIDITY DRAWER

Most veggies especially those that wilt should be stored here.



## TOP SHELF

Leftovers, drinks, ready-to-eat foods, berries, herbs.

**Tip:** Designate an Eat Me First shelf so your family know what to eat first.

## DELI DRAWER

Cheese, deli meats.

## MIDDLE SHELF

Milk, eggs, dairy.

## BOTTOM SHELF

Raw meat, poultry and seafood.

**Tip:** Store in trays or sealed containers to prevent drips from contaminating the food below.

## LOW HUMIDITY DRAWER

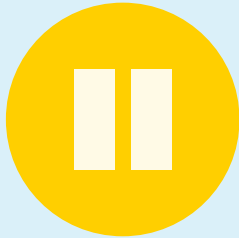
Store fruits and vegetables that have a tendency to break down and rot.

Get more tips at  
[LOVEFOODHATEWASTE.CO.NZ](http://LOVEFOODHATEWASTE.CO.NZ)

# THE BIG FREEZE

OUR HANDY GUIDE TO MAKING THE MOST OF YOUR FREEZER THIS FESTIVE SEASON

## Freezer Facts



Use your freezer as a "Pause" button for food. Food can be frozen up to its use-by date.



Brr, that's cold!  
This is the ideal temperature inside a freezer. Check yours now!

## BE FOOD SAFE

Always defrost leftovers completely, in the fridge or microwave. Cook food within 24 hours of defrosting until piping hot, and do not re-freeze!

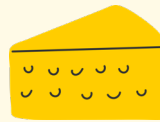
## Yes! You can freeze everything.

PRETTY MUCH



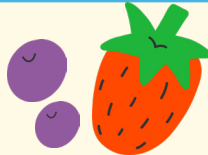
### SPINACH

Chop up and freeze in small reusable bags for future use.



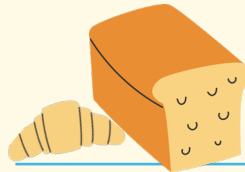
### CHEESE

Grate it first. Use in cooked foods when thawed.



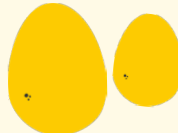
### BERRIES

Store leftover berries in reusable bags. Bringing them to the boil ensures they are safe to eat once they have been frozen.



### BREAD & ROLLS

Toast or bake straight from the freezer.



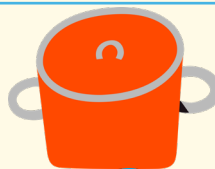
### EGGS

Separate yolks and whites first.



### CHARCUTERIE

Wrap leftover charcuterie in tin foil and then place in freezer bag. When ready to use transfer straight into fridge to defrost. Use on pizzas at the end of a busy week.



### LEFTOVERS

Cool fast & freeze within 2 days.



### MILK

Freeze in the plastic bottle. Pour out a small amount first to allow for expansion.

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for our A to Z Storage guide

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