

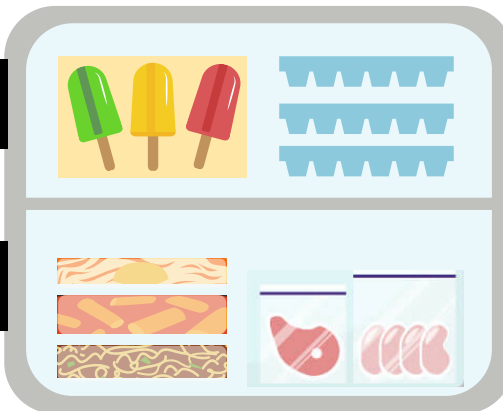
# Fridge Storage

Fridges vary in temperature based on section of fridge. Generally, the back of the fridge and the top shelf are coldest, while the door and lowest shelves are the warmest. Storing food where it is safest will help keep it longest, saving money and keeping you safe.

## Freezer Door

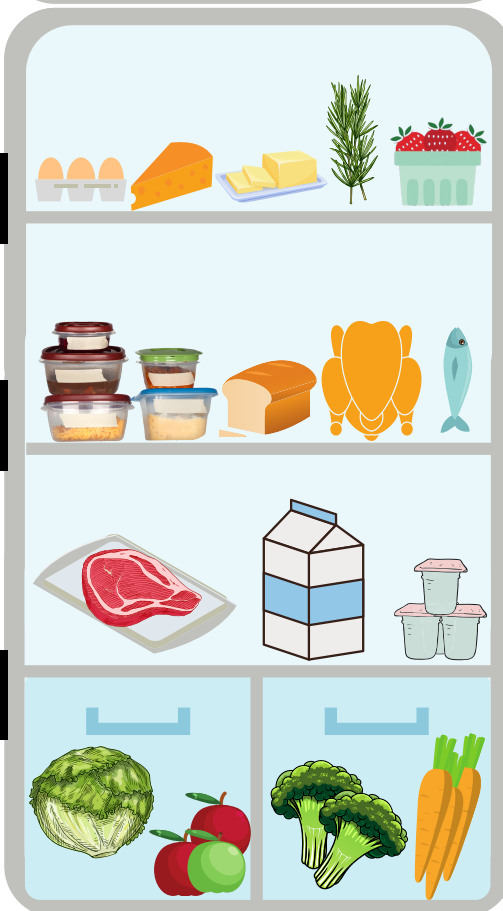


## Freezer



**FREEZE** soups, stocks, and sauces in plastic bags, and lay them flat to minimize freezer burn.

The doors are the warmest area of the fridge and should be reserved for foods that are most resistant to spoiling.



The **TOP LEVEL** of the fridge is the ideal temperature for eggs, butter, and cheese.

The **MIDDLE LEVEL** of the fridge is the ideal temperature for leftovers, sandwich bread, cooked meats, and fresh fish.

The **LOWER LEVELS** of the fridge are the best place for raw meats, milk and yogurt.

**CRISPER DRAWERS** at the bottom of the fridge can help regulate humidity and temperature for specific vegetables.

## Fridge Door

## Fridge

**Solid Ground believes poverty is solvable.**

*We meet basic needs, nurture success, and spread change.*

**WEB:** [solid-ground.org/get-help/food-resources](https://solid-ground.org/get-help/food-resources)

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