One third of all food produced globally is wasted, and 63% of the food Canadians throw away could have been eaten. This problem isn’t just in restaurants and grocery stores. Nearly 47% of the value of food waste in Canada occurs in our homes. This wasted food costs a typical Canadian household $1,100 per year. The good news is that this problem is easy to solve if we all make some simple changes.

Visit LoveFoodHateWaste.ca for ideas to reduce your food waste.

Follow us on Facebook @LoveFoodHateWaste
Follow us on Instagram @LFHW_ca
Follow us on Twitter @LFHW_ca

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WHERE YOU STORE FOOD IN YOUR FRIDGE MATTERS

Set your fridge temperature at 4°C or lower.

DOOR
Condiments, juices, water

DELI DRAWER
Cheese, deli meats

DOOR IS THE WARMEST PART OF FRIDGE

SET HUMIDITY LEVEL
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).

UPPER SHELVES
Leftovers, drinks, ready-to-eat foods, field berries

MIDDLE SHELVES
Milk, eggs, dairy

BOTTOM SHELF
Raw meat and seafood (trays prevent drips from contaminating food below)

CONTROL THE RIPENING PROCESS
Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate foods that create ethylene from the foods that are damaged by it. Keep ethylene producers in a loosely tied bag.

HIGH HUMIDITY DRAWER
(Vegetables and fruit that WILT)
Carrots, leafy greens, broccoli, asparagus, cabbage, cauliflower, cucumber, green beans, lettuce, spinach, squash, kiwi, peppers

LOW HUMIDITY DRAWER
(Ethylene producers)
Apples, pears, grapes, mushrooms, melons, peaches, papayas, mangoes, oranges, lemons

KEEP YOUR FOOD FRESH BY KNOWING YOUR FRIDGE STORAGE BASICS

SOME PARTS OF YOUR FRIDGE ARE WARMER THAN OTHERS

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