



# FRIDGE ORGANISATION WITH ZERO WASTE



## DECIDING HOW MANY CONTAINERS YOU NEED:

**1-** Make a list of fridge items you use every single week - I will refer to these as your core items.  
(i.e: for me it's carrots, watermelon, strawberries etc)

**2-** Write down the items that you only use occasionally for example; I don't often use capsicum, but will use it in stir fry- you will need extra containers to cater for these (or when it's not in use, you can use the extra containers for leftovers)

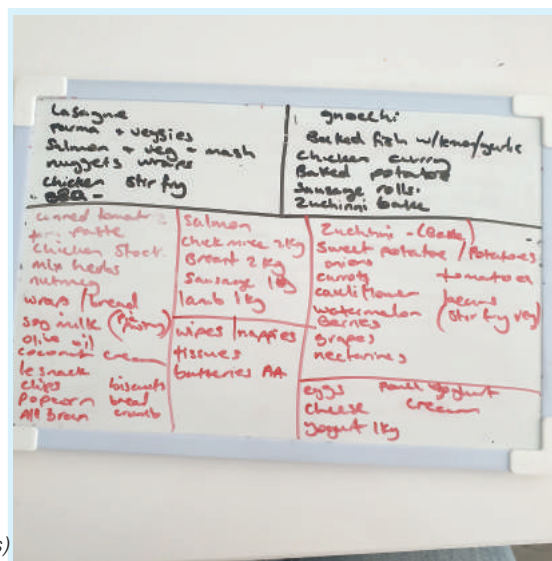
**3-** Write down the quantity of the items i.e: 1 x punnet strawberries, 1 x pack of cheese singles/block

**4-** Measure the fridge shelves and decide which container sizes fit best. For example; I use the green (1.5lt) Decor Australia containers for my grapes as they hold a whole bag. I also purchased these containers because they are dishwasher safe. No handwashing required- yes! AND they are freezer friendly!



Here I have used a 1.5L for the grapes, cheese, zucchini and carrots.

I currently use this whiteboard as a temporary option to menu & meal prep. (until new planner arrives)



## GET FRIDGE READY:

- ☐ Empty fridge
- ☐ Wipe down fridge (warm water/vinegar or lemon juice)
- ☐ Create sections and categories i.e: fruit/veg/lunches
- ☐ Think about where you will store your condiments. Do you prefer them on the top shelf? In a lazy Susan? Or like me, do you keep them in the door? I only store open condiments in the fridge. Refills are kept in the pantry.
- ☐ Test spaces with empty containers to ensure it works for you and your family.
- ☐ Fill containers and stack in your desired spaces.
- ☐ Make sure you create a space for leftovers, work/school lunches – I keep mine on the top shelf as it's the shortest shelf in my fridge
- ☐ Stack in order of what you will cook first – refer to your menu planner. If you don't use one, refer to my pic above for inspo.





*TOP SHELF: I store breakfast, lunches and herbs here and leftover food.*

*MIDDLE SHELF: I store cheeses, salad mixes and the veggies we occasionally use here.*

*BOTTOM SHELF: I store fruit on the left and veggies on the right right above the drawers which have the same categories above.*

## **MAINTAINING YOUR FRIDGE**

- ❑ Weekly top ups. For “core items” kept in containers (berries, watermelon, cheese etc.) I purchase enough to last us the week. Some fruits do last longer in containers (ie: grapes), but they just don’t last that long in our house LOL. I also use the “weekly top up” to purchase fresh items that I need for my week 2 recipes for example ricotta for my gnocchi dish. Veggies I purchase enough for 2 weeks of meal planning. Always purchase the freshest produce you can find!
- ❑ Fortnightly wipe down. Keeping food in containers means less cleaning – Now that’s a win!



- ☐ Fill bucket/sink with 1 cup of vinegar and water (ingredients won't take on a vinegar taste or smell)
- ☐ Soak veg and fruit (excluding berries – I do these separately so they don't get squashed) for 15 mins.
- ☐ Rinse a minimum of 3 times – I do 5 because I'm a little over the top LOL
- ☐ Place on a tea towel or paper towel & dry thoroughly
- ☐ Once dry, chop veggies according to menu plan & fruit the way you like it (I don't cut stone fruit as they last longer whole in the containers)
- ☐ Fill containers and close air tight (with the Décor containers press in the middle and close the air release seal.)

*I often get questions about fridge temperature. Each fridge is different. I suggest you check your fridge manufacturer's recommendations. My fridge is a "Samsung 4 Doors French convertible refrigerator". I find it works best with the fridge at 3 degrees and freezer at -18 degrees, however this will differ for climate, location and quality of produce purchased.*

*Organising my fridge like this is not only aesthetically pleasing but has saved us a significant amount of time and money. How? Time Saving: It takes me about 1.5 hours on a Sunday to prep, saving me approx. 8 hours per week trying to get everything ready before dinner. Money Saving: Following my menu planner/top up list to a tee means I am not purchasing things I don't need – or purchasing something I already have 3 of – I am sure we have all done that before! This = ZERO WASTE!*



Thursday- 5 days after grocery shop



Sunday- 7 days after grocery shop (top up day)  
majority of food eaten

*I hope this was helpful and inspiring for you. Happy organising!*

*Please tag me in your progress, before and after shots @belleabode\_ and use the hashtag #belletribe & #bellemiabode and feel free to email your images to me to be featured.*