FOOD STORAGE SAVVY: YOUR GUIDE TO WHAT GOES WHERE

First comes shopping, then comes putting food away — but where? You may be surprised to learn the best places to store your groceries!

Here’s a helpful guide from the Academy of Nutrition and Dietetics.

YOUR GUIDE TO WHAT GOES WHERE

**MILK**

- **FRIDGE**
  - 34°F - 40°F

**RICE**

- **FRIDGE**
  - 0°F or below

**Mayo and peanut butter**

- **FRIDGE**
  - move mayo to the fridge when it’s been opened.

**Keep potatoes**

- **PANTRY**
  - 50°F - 70°F

- **PANTRY**
  - a cool, dark part of the pantry

- **PANTRY**
  - remove any that start to go bad.

- **PANTRY**
  - onions like the same conditions, but don’t put them together.

- **PANTRY**
  - potatoes and onions should be separated!

**Sources:**


**Wrapping and labeling**

- Wrap and label meat, fish and poultry that you plan to freeze.

**Dairy and eggs**

- **FRIDGE**
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**Put meat**

- **FRIDGE**
  - meat in the meat drawer or on the lowest shelf of the refrigerator.

**Crisper or produce drawers**

- **FRIDGE**
  - use the crisper or produce drawers for veggies!

**Fruits with pits**

- **FRIDGE**
  - fruits with pits, like peaches and plums, should be placed in a closed paper bag until ripe — then refrigerated.

- **FRIDGE**
  - tomatoes in the pantry only if they’ll be eaten within 1-2 days — otherwise, they go in the fridge.

**Canned goods**

- **FREEZER**
  - canned goods last 2+ years but can be damaged by temperatures above 100°F.

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