



*The
Organised You*
TAKE BACK YOUR LIFE

FRIDGE ORGANISATION

10 STEPS TO CREATING A MORE
ORGANISED AND EFFICIENT FRIDGE



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10 STEPS TO FRIDGE ORGANISATION

- **STEP 1:** Remove all items from the fridge

- **STEP 2:** Clean the entire fridge with a natural spray and wipe - clean all shelves, compartments and the door (inside and out)

- **STEP 3:** Sort food into 'like' categories or zones i.e. breakfast, lunch, snacks; or dairy, deli items, drinks, fruit, vegetables etc

- **STEP 4:** Work out where to place the different categories within your fridge. Think about which items you grab the most frequently and need easiest access to and place these on the top shelves of the fridge

- **STEP 5:** Choose the right storage containers for storing your food to extend their freshness and fridge-life. Stackable containers will maximize the fridge storage space best, and allow you to group like items together. Measure your space carefully if buying new storage pieces

- **STEP 6:** Utilise pull-out baskets for easy access to food items. Add a label so you know exactly what is stored in each one

- **STEP 7:** Create extra storage if necessary e.g. try using an under-shelf basket or multi-purpose bins
- **STEP 8:** Make everything easily accessible - you could use a Lazy Susan for sauces, baskets in the crisper for different kinds of produce, or slide-out baskets
- **STEP 9:** Label wherever you can so you can find at a glance what you're looking for, and ensure family members know where everything belongs
- **STEP 10:** Minimise the actual amount inside your fridge - food will last longer if it has some breathing room, because the air inside the fridge will be able to circulate more easily

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