

Fridge Organization Chart

Where every food actually goes | 5 temperature zones

Keep your fridge at or below 40 F. Load coldest zones at the bottom, warmest at the door.

1. TOP SHELF

37 to 40 F | Warmer, stable

- â€¢ Leftovers (front and center)
- â€¢ Ready-to-eat foods, drinks
- â€¢ Herbs standing in a jar of water

2. MIDDLE SHELF

36 to 38 F | Steady cold

- â€¢ Milk (not the door)
- â€¢ Eggs and butter
- â€¢ Blocks of hard cheese

3. BOTTOM SHELF

33 to 36 F | Coldest zone

- â€¢ Raw meat, poultry, fish
- â€¢ Always on a rimmed drip tray
- â€¢ Keeps juices off food below

4. CRISPER DRAWERS

Adjustable humidity

- â€¢ High humidity (closed): greens, herbs
- â€¢ Low humidity (open): apples, pears
- â€¢ One drawer greens, one drawer fruit

5. DOOR SHELVES

40 to 42 F | Warmest zone

- â€¢ Condiments and sauces
- â€¢ Juice and water
- â€¢ Shelf-stable items only

Weekly 5-Minute Check (FIFO)

Pull older items forward before each grocery run. Wipe one shelf a week. Full reset once a month.