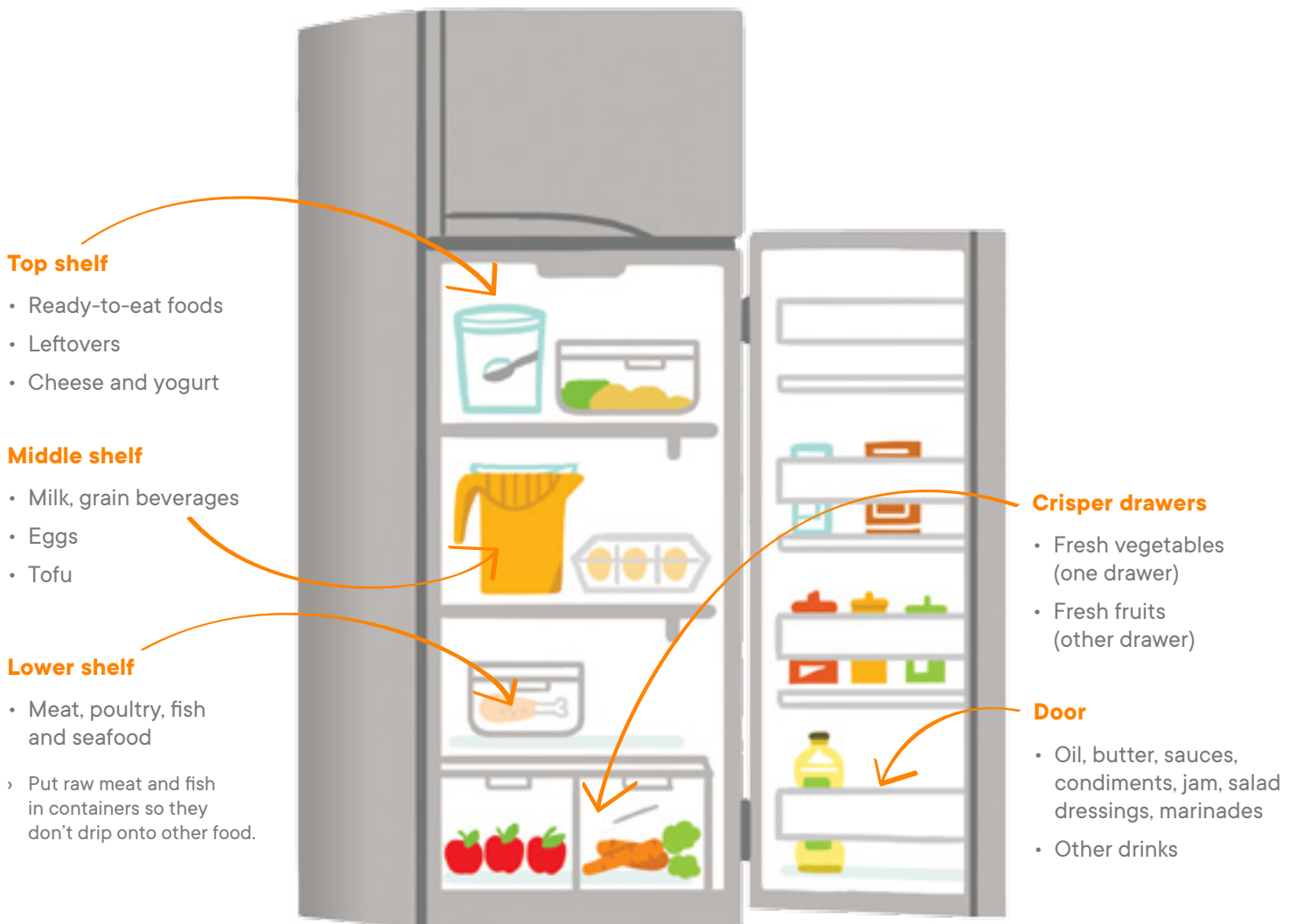


Where to Put Foods in Your Fridge

These tips will help you store food longer and reduce the risk of food poisoning.



Top shelf

- Ready-to-eat foods
- Leftovers
- Cheese and yogurt

Middle shelf

- Milk, grain beverages
- Eggs
- Tofu

Lower shelf

- Meat, poultry, fish and seafood
- › Put raw meat and fish in containers so they don't drip onto other food.

Crisper drawers

- Fresh vegetables (one drawer)
- Fresh fruits (other drawer)

Door

- Oil, butter, sauces, condiments, jam, salad dressings, marinades
- Other drinks

Additional information

- Think of checking the temperatures! The refrigerator should be between 0°C and 4°C. The freezer should be at -18°C or below.
- Avoid keeping the fridge door open too long. Make sure it's shut tightly after use, so food stays at the right temperature.
- Eat foods that have been in the fridge longer first. Apply the FIFO trick: First In, First Out.
- Make sure foods are still good before eating them, using these MAPAQ documents (available in French only): [«Meilleur avant, bon après»](#) and [Thermoguide](#).
- Remember to regularly clean the fridge.