

The Big Chill

Like a bank vault, a refrigerator is used to store precious items, only these are consumable. With the current high cost of groceries it's important to maximize shelf life. This brochure will explain the importance of locating food strategically in the "Ice Box". We also offer some cool tips for getting maximum life and efficiency from this kitchen workhorse.



In

Cut Flowers Every night storage=pretty longer

Ripe Bananas The peels turn dark, but the fruit is fine and lasts longer.

Natural Peanut Butter

Avocados Once ripe, store in fridge to prolong life.

Whole-Wheat Flour Placed in freezer bag lasts 6x longer.

Cologne Extends scent.

Candles Cold wax burns slower and drips less.

Lipstick Improves kissability er..longevity.

Homemade Cookies They last longer than in the pantry.

Garden Seeds Place in moisture proof container.

Out

Hot Sauce Lives happily in the pantry for years.

Potatoes Too cool affects flavor, so store in paper bag in pantry.

Bread This dries out too fast in the fridge, so take a few days worth and freeze the rest.

Onions Store in original mesh bag away from potatoes.

Garlic Better in pantry stored loosely so air can circulate.

Tomatoes Can get mealy in the fridge. Store on counter. Paper bag speeds ripening.

Coffee The fridge or freezer creates condensation that alters the taste of whole bean and ground.



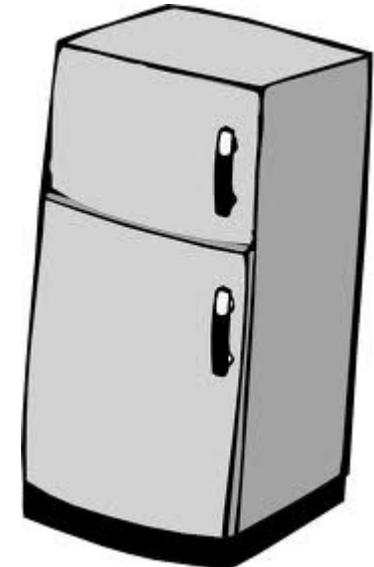
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Cool Things to Know About Your Refrigerator



ALWAYS WORKING

Tel: 712-255-9741

A Place for Everything and...

1. **Eggs** do best where the temperature is consistent, on the middle shelf. Store in the original cartons, not the fridge egg container.
2. **Milk** tends to land on the top shelf, but should be on the bottom, way in the back, where it's coldest.
3. **Yogurt, creams, cottage cheese** do best on the bottom shelf for the same reason. Try using a turntable here for easy accessibility.
4. **Packaged raw meat** should go on the bottom shelf too. That way if the juices drip it won't contaminate the entire fridge.
5. **Vegetables** stay fresh longer in higher humidity. Drawers labeled VEGETABLES or HIGH HUMIDITY are the best. Store items in original packaging or a plastic bag, loosely tied.
6. **Fruit** belongs in the CRISPER or LOW HUMIDITY drawer. Keep in the original packaging or in a plastic bag, loosely tied (citrus is fine with no bag).
Tip: Leave vegetables and fruits unwashed until you use them. Water can promote mold and bacteria growth.
7. **Deli Meats** belong in the shallow MEAT drawer. If there is no such

drawer, store on the bottom shelf, which tends to be colder.

8. **Butter and Cheeses** don't need to be super cold and do well in the warmest part of the fridge, the door. Store opened items in airtight containers after opening.
9. **Condiments** pickles, and salsa are generally high in vinegar and salt which are natural preservatives and are fine in the door. This holds true for mayonnaise, catsup and salad dressing.



Fridge Maintenance

1. **Check the door seals** A loose seal allows cold air to escape, wasting energy and making the fridge overwork. Keep the gasket wiped clean and brush

the fold with a toothbrush to remove food particles. Test the seal by closing the door on a dollar bill. If the bill easily slips out you may need to have it checked by a pro.

2. **Keep the coils clean** When the condenser coil tubes at the back or bottom of the unit get dusty, the fridge won't work efficiently. Unplug the fridge twice a year, pull it away from the wall and gently vacuum with a brush attachment.
3. **Set the right temperature** Keep the fridge between 37 and 40 degrees Fahrenheit and freezer at 0 degrees.
4. **Fill it up (even if you never cook and only have takeout)** Refrigerators need "thermal mass" (lots of stuff) to maintain low temperatures. Chilled foods and full beverage containers help moderate temperatures when the door is opened and all the cool air drains out. If your fridge is too big for your needs, store jugs full of water in there.
5. **Be prepared** If the power goes out, keep the doors closed and use foods from the pantry. An unopened refrigerator will keep food safe for four hours; a freezer will maintain its temperature for 48 hours if full and 24 hours if half-full.