



# In or Out of the Fridge?

Do you have trouble finding room in your fridge for new groceries? Do you dig for days to find the pickles?

Turns out, you may be refrigerating a lot of food that doesn't require refrigeration. In some cases, you may even be ruining foods **by** refrigerating them, either altering their flavor and consistency, or causing foods around them to spoil faster.

There's plenty info out there about what goes in and out of a fridge, but if you're like us, it's hard to keep track. So we've boiled it down to some hard and fast rules that will make food storage a snap.

## What foods are fit for pantries, counters or root cellars?



**Cucurbitales**



**Nightshades**

**NEVER** refrigerate! They hate the cold



**Root Vegetables**

**REMEMBER**  
keep onions away from potatoes



**Fruits** (Especially if Unripe)



**Anything Preserved\***

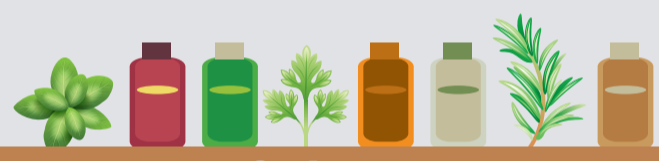
\*Or cured, dried, pickled, fermented, etc.:  
e.g. dried fruit, cured meats, jams, soy sauce, vinegar and alcohol.



**Cold air** makes bread go stale **FASTER**



**Dried Fruits and Legumes**



**Spices**

**Hard Fast Rule: if it wasn't kept cold or misted at the grocery store, it doesn't need to go in the fridge**

## When should I move food to the fridge?

None of the above food will last forever in the pantry though. Use this flowchart to know when it's time to refrigerate them.

Does it have a short shelf life?

No

Yes

Will it be eaten by the "best by" date?

Yes

No

Is it a ripe fruit?

No

Yes

Will it be eaten within a week?

No

Is it opened or cut into?

No

Yes

Is it preserved?

No

Everything has a shelf life, visit <http://bit.ly/check-shelf-life>

**FRIDGE**



**PANTRY**