

# Your Fabulous Fridge

Decluttering &  
Cleaning Made  
Easy & Fun

Not as ridiculous as it sounds!  
Honest!!



Before We Get Started...  
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# Your Fabulous Fridge

When I started researching the science backed information for this guide The Google was sending me down all kinds of rabbit holes and all I was getting was a load of conflicting information.

Should using your fridge properly REALLY be so hard?

So I cut to the chase and reached out to the world number one manufacturer of refrigerators, Samsung. The information shared here is based on their findings, and they really should know what they are talking about!

Not all fridges are the same in design but most have:

- Compartments in the door
- A chiller section
- The main section
- Freezer

Another thing to think about is that climate can play a big part on what you keep in the fridge. Back in the UK I have never kept jams, ketchup or eggs in the fridge yet in Japan these are a must! So take the 'rules' as a guide and throw in a dollop of common sense too.

Take your first cue from your own fridge, if there are special compartments for say, eggs or bottles, meat, dairy - take it as given that you should put those items in those compartments. The exception here is the "use soon rule". Anything that needs using up should be on the eye level shelf.



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USE  
SOON

This is the most important shelf in your fridge - yes even more important than the wine shelf!

This shelf is the one that is at your eye level, so pick a shelf, assign it as the “use soon” shelf and stick to it.

The rule is simple, any leftovers get put on this shelf, anything that is nearing its use-by-date gets put on here too. That’s because you will see it every time you open the fridge, reminding you to use it up. It will be at the forefront of your mind.

Often items get shoved to the back and lost only to be discovered three weeks later with a layer of green fur on it!

Using this method will stop food going to waste and save you money

DAIRY

Using the use-by date is the best point of reference for dairy products. Keep hard cheeses tightly packed in moisture proof wrap. Soft cheese keep in their original packing and reseal. DON'T return unused portions to the original pack. Dairy like to hang out in the cooler parts of the fridge.



# Your Fabulous Fridge

## MEAT & FISH

Fresh, uncooked meat - store in the coldest part of the fridge in original packing. Package in moisture proof and vapour proof container for freezing.

If you have a choice, place the meat on the lowest section of the fridge, that way if there is a spill of meat juices, the rest of the food in your fridge won't be contaminated. Be conscious of cross contamination with raw meats.

Cooked meats - store in the coldest part of the fridge in original packing. Package in moisture proof and vapour proof container for freezing.

Fish - store in the coldest part of the fridge in original packing. Package in moisture proof and vapour proof container for freezing.

Shellfish - Package in moisture proof and vapour proof container for freezing.

## FRUIT & VEG

These are general guidelines because of the huge variety of fruit and veg and the climate makes a big difference on how fruit and veg is stored too. Some fridges come with a 'crisper' drawer, this is designed for fruit and veg.

Do not wash fruit and veg before storing, wash before you are about to use it.

Store in moisture resistant bags or containers. Wrap cut fruit/veg.

Citrus fruits, store uncovered.



# Your Fabulous Fridge

## EGGS

Often fridges come with an eggs section, if yours has one, use it. When restocking move the older eggs to the front so that they get used first. Otherwise keep uncooked eggs in the coolest part of the fridge in their original container.

Cooked eggs and leftover egg dishes are best stored in a covered container.

## MILK & JUICE

Opened milk and fresh juice cartons are best stored in the door compartments if you have them. Keep the container closed and never return unused portions to the container.

## CONDI- MENTS

Most condiments are happy in the fridge door or can be stored on spare shelves, they are pretty happy-go-lucky as far as fridge residency goes, unless there are specific instructions on the item's label.



# Freezer Storage Times

Fatty Fish	2-3 months
Lean fish	6 months
Pre-frozen or breaded fish	3 months
Shrimp (raw)	12 months
Crab	10 months
Cooked fish/shellfish	3 months
Cooked meat	2-3 months
Cooked poultry	4-5 months
Ham	1-2 months

Uncooked Chops	6-12 months
Uncooked Ground meat	3-4 months
Uncooked Roast joint	6-12 months
Uncooked Bacon	1-2 months
Uncooked Sausage	1-2 months
Uncooked Steak	6-9 months
Uncooked Poultry	12 months



When freezing any meat or fish, write the **USE BY** date on the packaging when you put it in the freezer!



# Cleaning Your Fabulous Fridge

Keeping your fridge clean will extend it's life and keep it free of odor and germs.

Make it a habit to wipe down the inside shelves, walls and accessories on a regular basis - just before you do a big shop is a great time!

Use a mild detergent and dry everything before you return the food back to the fridge.

Don't forget to do the outside too, lots of grubby little hands tend to touch the outside of the fridge (when you have kids at home!)

Revert to your fridges manual if you have parts of the fridge you are unsure about cleaning, especially for added extras like drink and ice dispenser.

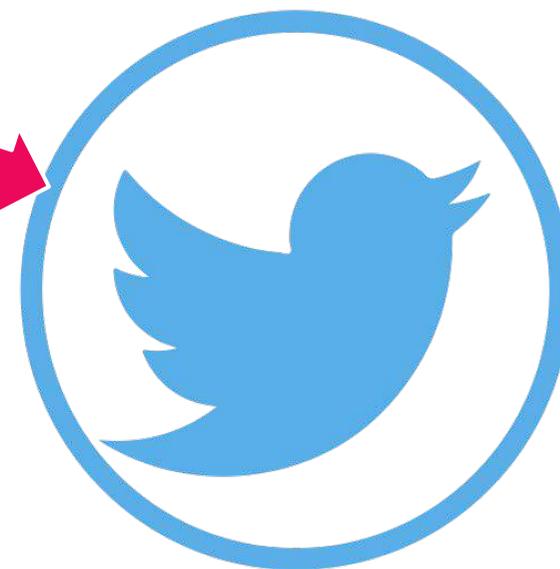
*You fridge is working hard to take care of your families food, their life source, so give it a bit of love in return, it's worth it!*



Did you love this Fabulous Fridge eBook? If that's a hell yes, let me know on Twitter!



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# Who Is jojoebi?

And why should you care?



Hi!  
I just wanted to introduce myself ...

My name is Jo Ebisujima, AKA jojoebi because no one can pronounce my family name!

I'm a Brit, living in Japan with my family. I discovered Montessori when my son was born and fell in love! I had been teaching kids ESL for years before that and Montessori fit so well with what I knew of kids behaviour and learning. I work almost 99% of my time online, my main thing is helping busy moms to get organized so that they have more time to spend with their family, on their business or just some good old fashioned 'me time'.

I'm very much a kaizen productivity nerd and that combined with my Montessori training and out-of-the-box thinking, gives me a unique way to help mamas that are feeling like they are near the end of their tether.

I believe that if mom is happy then the rest of the family is happy, so getting mom to the point where she is enjoying what she is doing without feeling stressed and overwhelmed all the time is a big win.

I have several online courses, you can find out more about what I do over at [www.jojoebi.com](http://www.jojoebi.com)

I also run a free community of moms who are out to make their own lives better, have more fun and make more money. If you would like to join her, pop over to [Moms That Rock](#).

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