ROOM BY ROOM · KITCHEN

How to Organize the Fridge and Freezer

How to empty, clean and restock your fridge and freezer so food gets eaten, not forgotten.

WHERE TO START

Do this the day before you shop for groceries, when the fridge is at its emptiest.

WHAT YOU'LL NEED

- ☐ A cleared counter or table
- ☐ Trash bag
- ☐ Warm soapy water and a cloth
- ☐ A cooler for cold items

BEFORE YOU BEGIN

Put the time on your calendar like any other appointment. One room per session is plenty.

The method

1. **Empty it out**
   Take everything out and lay it on a clear counter, so you can see all of it at once.
2. **Clean the space**
   Wipe it down while it's empty. It takes two minutes and makes the rest feel like a fresh start.
3. **Keep only what belongs**
   Throw out the trash, set aside what lives somewhere else, and decide what earns its place here.
4. **Sort into families**
   Put like items together before you choose any container.
5. **Give each family a home**
   One container or spot per family, with the ones you use most closest to you.
6. **Put the rest away**
   Return everything you set aside to the room it belongs in before you call it done.

In this room

Check every date

Toss anything expired, from leftovers to condiments in the door.

Wash the parts

Shelves, drawers and crispers come out and get washed as their instructions say.

Group the food

Leftovers together, condiments together, then eggs and dairy, meat, fruit and vegetables.

KEEP IT THAT WAY

Give the fridge a quick pick-up and wipe before each grocery trip. Then repeat the whole process with the freezer.

ONE THING TO REMEMBER

Clear the outside too. Put back only a few magnets, and the whole kitchen looks calmer.

YOUR CHECKLIST IS ON THE NEXT PAGE

More tips and photos in the full post: read it here

ROOM BY ROOM · KITCHEN · CHECKLIST

The Fridge and Freezer Checklist

STARTED _____ DONE _____

- [ ] Clear off your kitchen table or counter completely to use it as a catch-all.
- [ ] Take everything out of your fridge.
- [ ] Check the dates on your food and condiments, and toss anything that has expired.
- [ ] Take out all the shelves, drawers, crispers and trays and wash them as their instructions say.
- [ ] Wipe down the inside of the refrigerator and put all the parts back.
- [ ] Put the food back, organizing like items together: cooked food and leftovers, condiments, eggs and dairy, meats, fruits and vegetables, and so on.
- [ ] Repeat the same process of remove, purge, clean and replace with your freezer.
- [ ] Take everything off the outside of your fridge and give the surface a good cleaning. Put only a few magnets back.
- [ ] To keep your fridge neat and organized, give it a weekly pick-up and clean before you shop for groceries.

NOTES

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