

Hello, Friends!

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Topic: Organizing Your Fridge and Freezer

This is a great topic for December because many of you will be doing some entertaining over the next few weeks. Let's start with your fridge:

1. Remove all the items and clean the shelves and drawers. Now it's time for a trick I learned from my Mom: I place paper towel sheets in the refrigerator drawers. Then, every couple of weeks, I replace them — and the drawers seem to stay cleaner, longer.
2. Now place your items into categories when you put them back into the fridge: salad dressing, sauces, condiments, left-overs, etc.
3. Several years ago I took my label maker out and labeled some refrigerator shelves so everyone using them would place items back where they belong. They would realize the salad dressing actually has a home. Then, when I'm off to the grocery store, it's easy for me to see what items are running low.
4. Look at your expiration dates and write down any items that need replacing.
5. Did you find any "forgotten projects" deep in the fridge? That's what we call them at our house. Maybe it's a forgotten left-over from last week, or something else that slipped your mind. Decide what you want to do with them, and move on.
6. Are there any items you want to use sooner rather than later? If so, put together a meal menu to help remind you what needs to be used up.

Now let's move to organizing the freezer:

1. If you only have a fridge freezer, remove all the items to remind yourself of what you have, and what you need to use up — especially if you are planning a holiday get-together. You may need to use up some things to provide more room in the freezer.
2. If you have a chest freezer, use baskets to help you categorize your frozen items. Why not place a whiteboard on the outside of the freezer to keep track of what's inside? This can be a simple yet great tool to help you remember the contents.
3. And, plan menus listing what items you want to use up first. I like to use plastic freezer bags to hold items, which I date and label the contents so there is no guess work involved. This simple idea has saved me important time.

Happy Organizing and Happy Holiday!

Your local professional organizer,
Betty Huotari

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