AD IT YOURSELF

## 23 Fridge Organization Tips to Make Meal Prep a Breeze in 2023

Organization experts chime in with the best fridge storage on the market

By Kristin Corpuz and Jordan Goldberg

January 6, 2023

All products featured on Architectural Digest are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.

Don't you just hate it when you open a full fridge and feel like there is nothing to eat? The conundrum is likely due to poor fridge organization. Without easy access to fresh groceries and a bevy of random condiment bottles, leftover containers, and expired jars of who-knows-what even basic snacking can feel like a chore. And meal prep? Forget about it.

When it comes to refrigerator organization access is key to efficient restocking and keeping food storage looking nice. That's why it's crucial to find fridge bins and storage containers that neatly place food on each and every shelf. Bonus: When you declutter and curate an organized fridge, you'll also prevent food waste.

The good news is that AD's fridge organization tips follow the same tenets as those used in a <u>pantry makeover</u>: Group similar products together, implement drawer organizers, stock up on food storage containers, and don't underestimate the power of a turntable.

You'll see that when you clean out expired products and wilting veggies, and replace those with stackable containers, opening the refrigerator door will feel like bliss. All you have to do is maintain a bit of <u>cleaning every week</u>. To help you along the way, read on for 23 organizer-approved storage solutions, fridge organization bins, and secret hacks—plus a few tips for <u>keeping your fridge squeaky clean</u>—to keep your groceries under control.

## 1. Clean out the fridge

The first step to optimal fridge organization is to clean out all fridge drawers and the crisper, then spray the shelves with a gentle cleanser that doesn't contain any harsh chemicals since the formula will go on a surface that is touched by food. Koala Eco Natural Multi-Purpose cleaner banishes stubborn condiment stains and leaves a fragrant mandarin scent. Julie Dykema, director of In-Home Organizing at The Container Store, recommends Blueland's Multi-Surface Cleaner that uses a reusable bottle and tablets as another eco-friendly alternative. Once you wipe everything down with paper towels, you're ready for refrigerator organization.

## 11. Prep the produce

Keep in mind that proper washing and storing techniques can help prolong the life of your produce. Wash berries with a diluted vinegar rinse to get rid of any bacteria to prevent mold. Wrap spinach in paper towels to absorb extra moisture and prevent wilting. And of course, don't forget to store fruit separately from veggies—fruits emit a gas that leads to faster decomposition, so you should always keep them apart.



