Milk

Rice

Fridge

34°F - 40°F

Pantry

50°F - 70°F

Mayo and peanut butter can be stored in the pantry; move mayo to the fridge when it’s been opened.

Keep potatoes in a cool, dark part of the pantry and remove any that start to go bad. Onions like the same conditions, but don’t put them together. Potatoes and onions should be separated!

Sources:

Wrap and label meat, fish and poultry that you plan to freeze.

Dairy and eggs should be stored in the coldest part of the fridge, usually near the back and away from the door.

Put meat in the meat drawer or on the lowest shelf of the refrigerator.

Use the crisper or produce drawers for veggies!

Fruits with pits, like peaches and plums, should be placed in a closed paper bag until ripe – then refrigerated. Keep tomatoes in the pantry only if they’ll be eaten within 1-2 days – otherwise, they go in the fridge.

Canned goods last 2+ years but can be damaged by temperatures above 100°F.