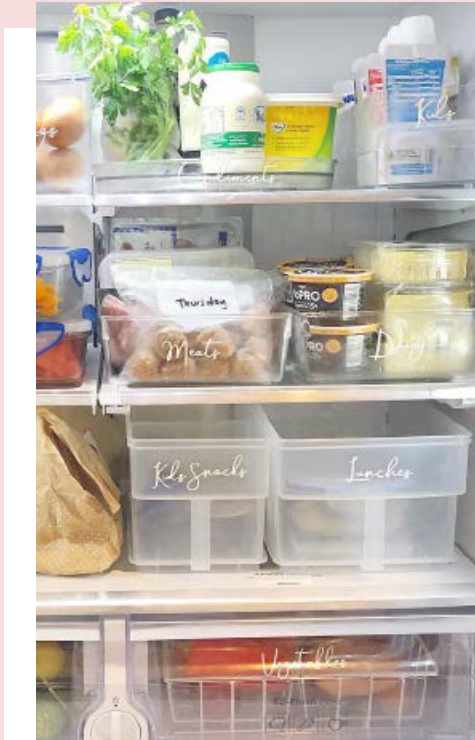


#STEPHING challenge



WEEK SIX THE FRIDGE & FREEZER

The fridge is the focal point of the home; it's where you go multiple times a day (usually to check if new food has magically appeared when you're bored). It is how we plan our meals and food for the day, and it can be tricky to keep organised. Without a good system in place you will be surprised how much food can be wasted. We all know the scenario of food being shoved to the back and forgotten, or when you accidentally purchase items you already have. With this system we know exactly what goes where so when it comes to meal planning and everyday snacks nothing gets wasted!

labels

All labels are font 19 from Little Label Co. Having labels has helped our home run more smoothly and also the fridge. For a discount on labels use the code STEPH. When applying labels on fridge doors make sure the surface is clean and dry!

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condiments

The perfect solution for condiments whether they are in the pantry or the fridge is a lazy susan! This allows easy access without having to move anything around. I used the clear Kmart one for our fridge.

For any chopped up fruit or veggies I like to store them in the oxo Greensavers, as they last a lot longer. You can get these on Catch of The Day sometimes, and also Peters of Kensington. On the second shelf I keep any other veggies that I don't have Greensavers for, and put them in glass containers from Kmart. Kids yogurts and squeeze foods I keep in a long clear tub from Kmart. I also put any premade baby bottles here.

meat + dairy

I have a tub allocated for Meats, mostly all meats for dinners that week are in there. Some nights the kids eat differently to us (because we have Hello Fresh), so I plan and portion out meat for the kids dinners into seal bags (I have just ordered some reusable seal bags to cut out plastic use). There is another tub allocated for any Dairy which for us is usually just cheese and yogurt.

utilising the fridge doors



Just like we categorise the shelves of the fridge this is also the best way to utilise the fridge doors! We have labelled our fridge doors the following;

- **Drinks**
- **Supplements** (any medications or supplements like probiotics are kept here)
- **Herbs** (fresh herbs used for that week are kept here)
- **Misc** (this obviously changes week to week and is a shelf for whenever space is needed)

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"use me first" shelf

I decided to create a door shelf specifically for products to use first! I did this because there have been so many times where I would go and open a new kids yogurt or packet, and then realise there was one already open! This has helped reduce a lot of waste. We put any items that need to be used before others after they have been opened; like deli meats, kids yogurts, sauces etc



I HAVE ALSO DONE A WHOLE IGTV EPISODE ON ORGANISING MY FRIDGE YOU CAN FIND IT OVER ON MY INSTAGRAM

freezer

The Freezer can become a frozen mess pretty easily. The best way to keep it organised and so you know where everything is, is by allocating drawers/shelves to categories of food. I label our drawers, so family members and I always know where to look.

Our freezer is labelled and has the following categories:

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- Chicken
- Seafood
- Red Meat
- Frozen Fruit + Vegetables
- Bread + Pizza Bases
- Quick Dinners
- Kids Dinners

I also store everything vertically in each drawer so there is easy access. If you have shelves measure and find a tub that can store items stacked vertically.

I can't wait to see your progress! Don't forget to tag me and use the hashtag #stephingchallenge on Instagram to potentially win a \$50 Little Label Co voucher every week!

Steph Pase xx