

DO — GIVE YOUR FRIDGE A MAKEOVER

Eating better is as simple as performing a little refrigerator rehab. We've got the tips you need to organize your fridge like the pros

BY DOMINIQUE LAMBERTON
CONSULTING DIETITIAN DESIREE NIELSEN
CONSULTING PROFESSIONAL ORGANIZER MARIE POTTER

DO DIET Guarantee
Fed up with living in a world of diet don'ts? Chatelaine's **DO DIET** is a radical new way to eat that's full of easy dos to get — and keep — you on the right track.

DO ASSESS YOUR LEFTOVERS

With Thanksgiving around the corner, you'll soon be faced with a fridge full of food. The key to managing leftovers is to be honest with yourself, says Desiree Nielsen, a Vancouver-based dietitian. "Will you get to leftover food before it spoils? If not, pop it in the freezer." Store leftovers in clear containers so they're easy to identify and keep track of. "Use glass for storing microwaveable food and plastic for foods you don't reheat," she says. Keep a sheet on the door of your fridge with a list of the ready-to-heat meals inside — and the dates you'll need to use them by.

DO

STASH SMART GRAB & GO SNACKS

Making the healthiest choice is all about making it the easiest choice. A study by Cornell University shows you're three times more likely to eat the first thing you see than the fifth, so keep healthy options in plain sight. "Think of it as though you're merchandising and trying to sell yourself the nutritious foods in your fridge," says Nielsen. Here are some snacks to showcase on the top shelf.

- ✓ Washed and chopped veggies alongside a healthy dip, such as hummus, nut and seed butters or tzatziki.
- ✓ Plain, low-fat Greek yogurt or cottage cheese next to chopped fruit, a bottle of maple syrup and raw nuts.
- ✓ A Mason jar of our Overnight Chia Oatmeal. It's perfect for a fibre-rich, protein-packed brekkie on the run.

OVERNIGHT CHIA OATMEAL

PREP 5 MIN | TOTAL 5 MIN plus overnight chilling

- 1 Combine $\frac{3}{4}$ cup unsweetened almond milk, $\frac{1}{3}$ cup rolled oats, 1 tbsp chia seeds, 2 tsp honey, $\frac{1}{4}$ tsp vanilla and 2 tbsp dried cranberries or 1 finely chopped dried fig in a 250-mL Mason jar.
- 2 Stir well, then cover and refrigerate overnight.
- 3 Just before serving, top with 1 thinly sliced banana and 2 tbsp toasted sliced almonds.

SERVES 1 | PER SERVING 488 calories, 11 g protein, 86 g carbs, 15 g fat, 14 g fibre, 141 mg sodium.

DIGITAL
The five foods dietitian Desiree Nielsen always stocks in her fridge.

EXCLUSIVE!



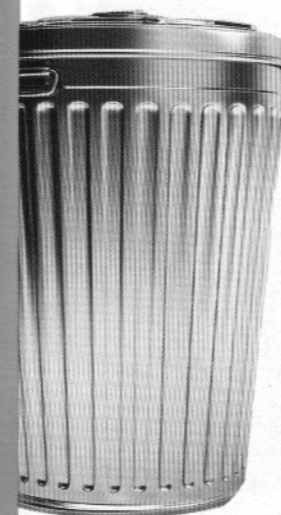
PRO TIP: KEEP TRACK OF INVENTORY AND EXPIRATION DATES BY DOWNLOADING AN APP LIKE FRIDGE PAL OR FRESHBOX.

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»
81

DO

clear out CLUTTER



Did you know clutter can lead to extra calories? "A packed and disorganized fridge can be overwhelming and can cause you to make unhealthy choices, like reaching for junk food or calling for takeout," says Nielsen. Marie Potter, director of marketing at Professional Organizers in Canada, recommends sticking to a strict cleaning schedule.

WEEKLY Toss perishable foods that are less than fresh. Wipe up spills with hot soapy water to keep bacteria at bay.

MONTHLY Remove everything and wash shelves and drawers (a U.K. study found salad drawers can contain 750 times the safe level of bacteria). Wipe down walls and dust the front grille.

TWICE YEARLY Clean the condenser coil (found either underneath or at the back of the fridge) with a vacuum cleaner. Check the water filter on your icemaker and replace if necessary.

DO

STORE EVERYTHING IN ITS PROPER PLACE

Did you know that you shouldn't stash milk in your refrigerator door? Neither did we! Here's our guide for what should live where in your fridge — and why

Condiments

TOP SPOT:
The door.

WHY: Condiments have a long shelf life, so they're safe even if the door opens a lot.

Meat & Fish

TOP SPOT:
Lower shelf.

WHY: To prevent juice from meat from dripping onto other food items. Make sure any meat or fish you're not planning to use right away is butcher-wrapped and stored in the freezer to keep it fresh.

Fruit & Veggies

TOP SPOT: In the crisper.

WHY: Some fruits (tomatoes, apples, plums, melons) emit ethylene gas as they ripen, which can cause some vegetables (lettuce, carrots, cucumbers) to spoil. Set the fruit crisper to low humidity and your veggie crisper to high, and they'll all last longer.

Dairy Products

TOP SPOT: Interior.

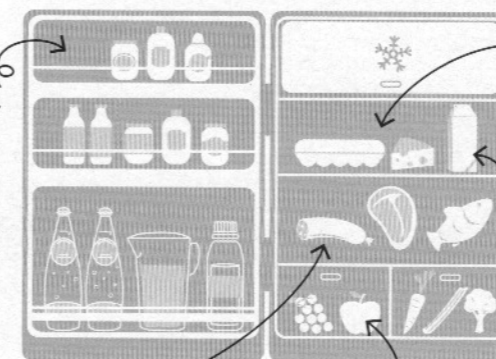
WHY: The temperature is most stable here, which helps protect you from food-borne pathogens. Also, the vitamin A in milk is photosensitive, so avoid reducing its concentration by exposing milk to less light when the door opens.

Eggs

TOP SPOT:

In the carton on an interior shelf.

WHY: Eggshells are porous and can take on fridge odours, but the carton helps protect them.



At So Nice, we're partnering with Evergreen to launch the "Planting an Organic Future" program. Together, we are encouraging students across Canada to plant and cultivate organic food gardens at school and empowering them to make a difference in our communities and for the planet.

A portion of the proceeds from the sales of So Nice goes toward the program to help grow the next generation of environmental champions.

**So
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Discover the organic difference.

PERFECT TEMPERATURES: 4°C (40°F) OR LOWER FOR YOUR FRIDGE, -18°C (0°F) OR LOWER FOR YOUR FREEZER.

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83

