

# FRIDGE MAKEOVER

Stocking your refrigerator and freezer with healthy foods creates the right environment for healthy food choices and eating habits.



## REFRIGERATOR DOOR

- **Pin pictures of healthy foods on your fridge**
  - Visual cues are powerful suggestions.
- **Keep your grocery list on your fridge**
  - Keep a small magnetic dry erase board with your meal plan for the week.

FRIDGE SECTION	USE	FOODS
<b>TOP SHELF</b>	Healthy foods you want front and center	Pre-cut fruits or veggies for snacks
<b>MIDDLE SHELF, FRONT AND CENTER</b>	Healthy, ready-to-eat meals	Leftovers, which you can take to work for lunch
<b>BOTTOM SHELF</b>	Healthy, highly perishable foods	Dairy or non-dairy products Tofu Eggs
<b>CRISPER DRAWERS</b>	Vegetables should go in the drawer labeled “vegetables”  Fruits in a drawer labeled “fruits”	Fruit that should be refrigerated, such as apples, plums, grapes and berries.
<b>SIDE DOOR</b>	Condiments	Ketchup, salsa, nut oils, etc.
<b>FREEZER</b>	Frozen foods	Freeze food into snack and meal-sized portions so it’s convenient. Frozen fruit and vegetables or veggie burgers.

**MANY STRENGTHS. ONE MISSION.**

*A Seventh-day Adventist Organization*



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