Up to 40 percent of food in the U.S. goes to waste. Storing your food with these tips will help you make a dent in food waste.

### 40 DEGREES OR BELOW

- **HIGH & LOW HUMIDITY DRAWERS**
  - Put fruits in the low humidity drawer.
  - Put veggies, particularly those that might wilt, in the high humidity drawer.

- **THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE.**
  - This is a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it’s probably a better idea to keep them on one of the main shelves.

- **THE UPPER SHELVES**
  - The upper shelves are slightly warmer than below, and are a great place to store items that don’t have a high safety risk. Great for leftovers, drinks, ready-to-eat foods like yogurt or cheese.

- **THE LOWER SHELVES**
  - Foods with a higher safety risk are better off in coldest section. The bottom shelf is the coldest place in the fridge. Store meat, poultry and fish here in trays to prevent them from dripping.

- **FREEZER**
  - 0°F or below

### FOOD STORAGE GUIDE

#### GROCERY LIFE IN THE FRIDGE:

- **1-3 DAYS**
  - Artichokes
  - Asparagus
  - Blackberries
  - Broccoli
  - Cherries
  - Corn
  - Green beans
  - Mushrooms
  - Raspberries

- **4-6 DAYS**
  - Apricots
  - Blueberries
  - Collard greens
  - Eggplant
  - Grapefruit
  - Grapes
  - Kale
  - Kiwi
  - Leeks
  - Lemons
  - Lettuce
  - Limes
  - Mango
  - Oranges
  - Parsley
  - Peaches
  - Pears
  - Peppers
  - Pineapple
  - Plums
  - Scallions/Green onions
  - Spinach
  - Strawberries
  - Swiss Chard
  - Yellow Squash
  - Zucchini

- **7+ DAYS**
  - Apples
  - Beets
  - Brussels sprouts
  - Cabbage
  - Carrots
  - Celery
  - Clementines
  - Parsnips
  - Pomegranates
  - Radishes (tops cut off)

#### HOW TO STORE FRESH FOODS AND HOW LONG THEY’LL LAST:

- **RED MEAT**
  - Use within 3 days or freeze, then thaw in the refrigerator, and use immediately once thawed.
  - *Cooked meat can last 4-5 days in fridge.

- **FISH AND POULTRY**
  - Use within 2 days or freeze, then thaw in the refrigerator, and use immediately once thawed.

- **MILK**
  - Whole milk will usually last up to a week past its expiration date.

- **EGGS**
  - Eggs stored in their carton can last up to 5 weeks from the date of purchase.

- **CHEESE**
  - Soft cheese (like Brie): 1 week
  - Semi-soft Cheese (like Muenster): 2-3 weeks
  - Firm Cheese (like aged Cheddar): up to 6 weeks
  - Hard cheese (like Parmesan): 6+ weeks

Find out more about reducing food waste at [acdeq.gov](http://acdeq.gov)
Composting is a natural form of recycling that turns certain waste into organic material that can be used in a variety of ways. By composting, you are not only creating something that helps keep plants healthy, but you are keeping compostable waste products like food scraps and yard waste out of landfills.

**WHAT WILL YOU NEED?**

<table>
<thead>
<tr>
<th>Brown material to produce carbon:</th>
<th>Green material to produce nitrogen:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dead Leaves, Branches &amp; Twigs</td>
<td>Grass Clippings &amp; Leaves</td>
</tr>
<tr>
<td>Sawdust &amp; Wood Chips</td>
<td>Fruit &amp; Vegetable Scraps</td>
</tr>
<tr>
<td>Coffee Filters</td>
<td>Nuts &amp; Nut Shells</td>
</tr>
<tr>
<td>Tea Bags</td>
<td>Coffee Grounds</td>
</tr>
<tr>
<td>Metal</td>
<td>Hair &amp; Lint</td>
</tr>
<tr>
<td>Glass</td>
<td>Breads</td>
</tr>
<tr>
<td>Pet Waste</td>
<td>Sweeping &amp; Vacuum Dust</td>
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<tr>
<td>Coal &amp; Charcoal Ash</td>
<td></td>
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<tr>
<td>Diseased or Insect-Ridden Plants</td>
<td></td>
</tr>
<tr>
<td>Dairy, Meat &amp; Bones</td>
<td></td>
</tr>
<tr>
<td>Plastic &amp; Foam</td>
<td></td>
</tr>
<tr>
<td>Coated Paper Plates</td>
<td></td>
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<tr>
<td>Plastic Utensils</td>
<td></td>
</tr>
<tr>
<td>Cotton &amp; Wool Rags</td>
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<tr>
<td>Paper Towels</td>
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</tr>
<tr>
<td>Cardboard &amp; Newspaper</td>
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</tr>
<tr>
<td>Uncoated Paper Plates &amp; Cups</td>
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**WATER**

Select a dry, shady spot near a water source. Ideal size for your compost area is 3 feet wide by 3 feet deep by 3 feet tall (1 cubic yard). You can buy a bin, use chicken wire, or just isolate an area of ground for your compost heap.

Add brown and green material in alternate layers. Try and keep the ratio roughly 3 parts browns to 1 part greens. Make sure larger pieces of material are chopped or shredded.

Keep the compost moist (but not too wet). Moisture helps with the breakdown of organic matter.

Occasionally turn your compost mixture to provide aeration. This helps speed up the composting process and keeps things airy, which cuts the risk of things getting smelly.

As materials break down, the pile will get warm. There might even be steam. Don’t be alarmed. That means it’s working. Now you just have to wait.

All done! When material is dark with no remnants of food or waste, your compost is ready. Add it to lawns and gardens or anywhere that could benefit from some good soil.

**WHAT NOT TO COMPOST:**

- Metal
- Glass
- Pet Waste
- Coal & Charcoal Ash
- Diseased or Insect-Ridden Plants
- Dairy, Meat & Bones
- Plastic & Foam
- Coated Paper Plates
- Plastic Utensils
- Film & Containers

For more ways to reuse items and reduce waste at home, visit azdeq.gov/P2House