



The Smart Fridge

OBJECTIVE

Learn how to **properly organize the refrigerator**, improving food safety, hygiene, **food management** and reducing **waste**.

YOUR MISSION

Look at the refrigerator at home and transform it into a **safer and more efficient refrigerator**.

Step 1 – Observe

Take a **picture of the fridge** (or make a sketch in the notebook) and observe how it is organized.

Step 2 - Identify improvements

It points out **5 possible improvements**, considering:

- **Storage**
(e.g., visible food, organized shelves)
- **Temperature**
(ideally between 0–5 °C)
- **Separation of raw and cooked food**
(always raw on low and well packaged)
- **Expiration dates**
(older foods ahead)
- **Hygiene**
(clean packaging, no spills)



My 5 improvements:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3 – Implement

Choose **3 upgrades** and apply them **this week**:

- ☐ Improvement 1
- ☐ Improvement 2
- ☐ Improvement 3

Step 4 – Assess the impact

At the end of the week, he answers:

- **Was there less food waste?** ☐ Yes ☐ No
- **Is the refrigerator more organized?** ☐ Yes ☐ No
- **Do you feel that food is safer?** ☐ Yes ☐ No

What has changed the most?



FINAL REFLECTION

What simple habit could you maintain to have a **smarter fridge** in the long run?

FOODWISELAB TIP

A well-organized refrigerator **protects health**, **avoids waste**, and facilitates more conscious food choices on a daily basis.