

Refrigerator Fresh

Matt and I are all about saving money. And, some things are obvious, like using coupons, buying when there are sales, and even buying in bulk. However, one of the biggest wastes of hard earned dollars is when food goes bad.

This is probably my weakest area of all things food oriented. My problem is I generally buy more food than my family can eat in a two week period. I keep forgetting that my husband will be out of town for several days in that time, my daughter will miss dinner to go with friends, and my son...just won't eat a lot of what I prepare!

So, the time does eventually come when that wastefulness needs to stop. For me, it is happening in several ways. I'm shopping more often so I don't need to buy as much at one time, I've told my family that we are now on the two night per meal plan so leftovers are eaten up right away, and with our Tupperware friend Chris's help, FridgeSmart containers will solve the rest!

Tell us all about it Chris!

“How Smart Am I?” I am FridgeSmart®!



Let's start with a quick question, “*What is the last thing you had to send down the disposal?*” You probably didn't say money, but whatever went down that disposal cost you a pretty penny! According to the University of Arizona's Garbage Project, we throw away 150 pounds of produce a year!

Pictured is the FridgeSmart 4-pc. Set

Even if you were throwing away 150 pounds of something inexpensive like cabbage, currently \$0.69 per pound, that is \$103.50. Let's think of something a bit more expensive like green peppers at \$1.99; that's \$298.50.

Almost \$300...I don't know about you, but the thought of tossing that kind of money makes me ill!

I did some shopping at my local supermarket on Tuesday. Let's compare some prices.

-A bag of pre-washed (we hope) and pre-torn Romaine lettuce was \$0.33 an ounce or \$5.28 a pound!

-A head of Romaine weighing in at about 1 lb. was \$1.69.

That is a \$3.38 difference! For \$3.38, I can wash & tear my own lettuce when I need it, & keep it fresh longer in my Tupperware FridgeSmart[®] containers!

-A 1 lb. bag of organic baby carrots was \$0.13 an ounce or \$2.08 per pound. (*You do know about baby carrots, don't you? They are really big carrots that aren't pretty enough or have been broken/damaged that are cut and peeled to the size & shape of a "baby" carrot!)

-Locally grown loose carrots were \$0.79 per pound.

There's a \$1.29 difference! If you buy a bag of baby carrots a week, that could save you almost \$68 a year! And you'll know it wasn't an old damaged carrot to begin with!

Tupperware's FridgeSmart[®] Containers have a unique venting system that keeps fruits and vegetables fresher longer. No more money down the drain and your fridge will be so much more organized with this cool (no pun intended) stackable system. The containers include a universal storage chart for easy reference so you know just how long each piece of produce should last.

Aside from purely extended freshness, Tupperware containers have a positive impact on our earth. So what *is* the impact of using toss away plastic bags versus reusable containers?

-A 20-count box of 1-qt. (4-cup) plastic, zipper storage bags was \$1.99. That works out to be almost 10¢ per bag. When a family uses only 3 bags per week, that adds up to \$15.60 per year. The bags need to be repurchased and eventually end up in our landfills!

-A FridgeSmart Small Container holds 4-1/2 cups, costs \$12.00 and will last for years!

The answer is clear, Tupperware's FridgeSmart® Containers can help you save money by keeping your food fresher longer and by helping to eliminate adding plastic bags to our landfills.

For more information regarding FridgeSmart® Containers, please visit my [Today's Organized Kitchen Blog](#). There you'll find more details about FridgeSmart® and some fridge organization tips, including a couple of photos of my own fridge.

Keep enjoying all that fresh summer produce!

Your Tupperware Consultant

Chris

Thanks so much Chris, for giving us a little insight into how to save money, how to keep our food fresher while at the same time, getting us a little bit more organized. We'll look forward to your next tips as we get our kitchens in better shape one piece of Tupperware at a time! Hahaha!

Shari



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