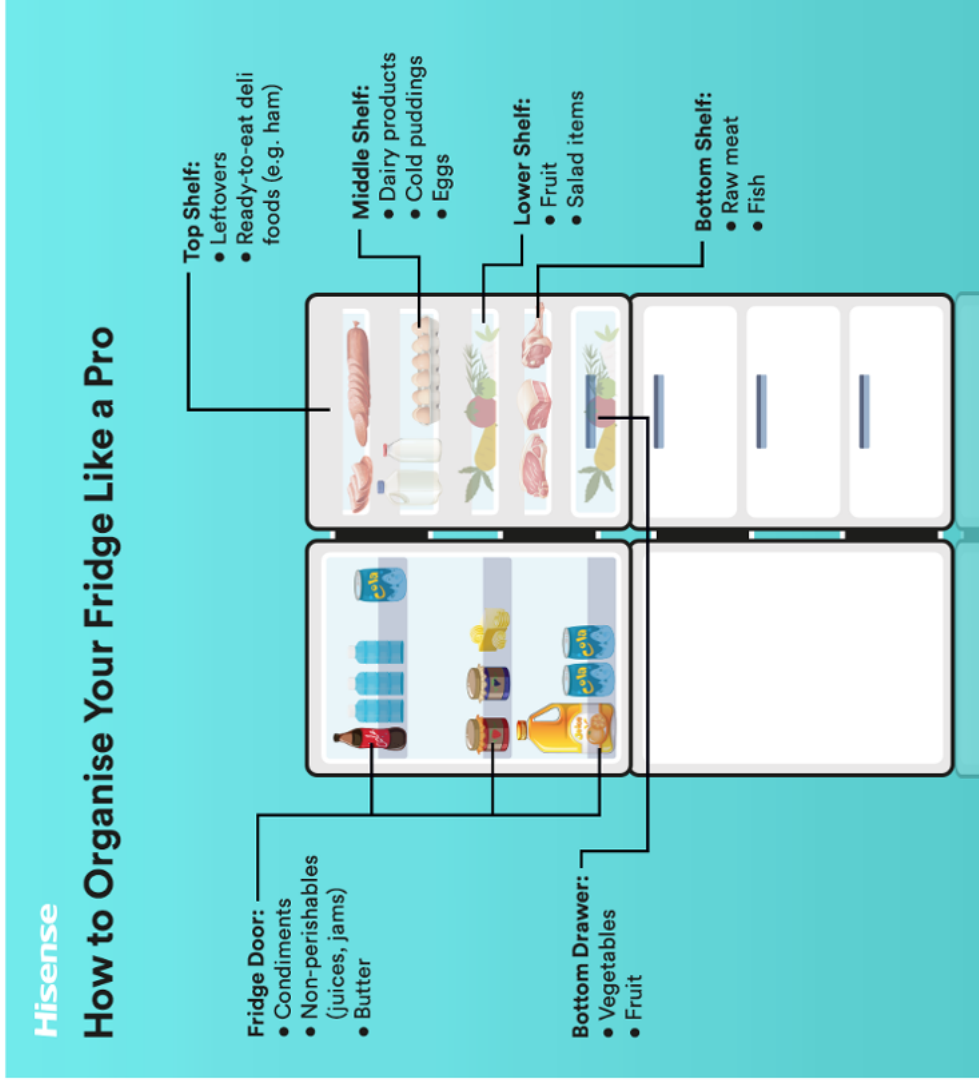




A LIFE MORE ORGANISED
FRIDGE ORGANISATION GUIDE



"It's important to know how to store food products because not only does this make it easier for you to access what you need while preparing meals, but it also means your food will stay at optimum quality for longer." - Sue Spencer, *Professional Home Organiser*