AMERICAN COLLEGE OF Lifestyle Medicine

The Fridge Reset: Make the Healthy Choice Easy



We eat what we see first. The foods at eye level and front-and-center get eaten more. A few small changes can help healthy foods get chosen—and thrown away less.

Set Up Your Fridge to Support Better Choices

Put Nutritious Choices at Eye Level

When you open the fridge, what you see first is what you're most likely to grab.

- Move cut fruit, berries, hummus + veggies to the middle shelf
- Keep ready-to-eat snacks front and center
- Put less healthy foods on lower shelves or in the back

Use Clear Bins + Bowls

If you can see it, you'll eat it!

- Store whole produce (strawberries, oranges, cucumbers) in clear bins or bowls
- Keep leafy greens in a clear drawer or container
- Avoid hiding produce in crisper drawers you forget to open

Make Leftovers Visible (so they get eaten)

Out of sight = out of mind = wasted food.

- Store leftovers in clear containers
- Label with the date
- Place leftovers at eye level so they don't get buried

Prep a Few Easy-to-Grab Options

The easier it is to eat, the more likely you are to eat it.

Try prepping 1–2 of these:

- Washed + chopped veggies
- Cut fruit or melon
- A simple protein (beans, lentils, eggs)
- A quick dip (hummus, salsa)

Create an "Eat Me First" Zone

This helps prevent food waste and saves money.

- Pick one shelf or bin and label it EAT ME FIRST
- Put foods that are about to go bad there
- Check this spot before cooking or snacking

DO 1-2 (OR 2-3) OF THESE NOW

- ☐ Move cut fruit + veggies to eye level
- ☐ Put whole fruit in a clear bowl or bin
- ☐ Move leftovers to the front
- ☐ Create an "Eat Me First" spot
- ☐ Prep 1 easy snack for the week

Use Clear Bins + Bowls

Make Leftovers Visible (so they get eaten)



Prep a Few Easy-to-Grab Options

Create an "Eat Me First" Zone

Put Nutritious Choices at Eye Level

nudge to nourish

Developed through a collaborative effort by the American College of Lifestyle Medicine (ACLM) and Nudge to Nourish, in partnership with Greener by Default.