#### **Tupperware FridgeSmart**

Thank you for choosing our revolutionary patented FridgeSmart containers. These "intelligent" containers were designed in collaboration with top food scientists from the University of Florida and Tupperware to keep refrigerated vegetables and fruits fresh longer by using Tupperware's ACE (Atmosphere Controlled Environment) System.

How does the ACE System work?

- Even after being harvested, fruits and vegetables continue to "breathe" by exchanging beneficial oxygen for carbon dioxide.
- FridgeSmart containers' 3-way venting system balances the flow of oxygen coming in and carbon dioxide going out, which regulates the atmosphere inside the container.
- Some fruits and vegetables require more oxygen than others to stay fresh and crisp. FridgeSmart containers allow you to store produce from the same "breather" group-low, medium and high-together, keeping foods fresher longer.

# PERFECT VENTING AND STORAGE CONDITIONS FOR ALL YOUR FAVORITE VEGETABLES!

FridgeSmart containers offer three venting options:



#### **Half Open**

Align the tab with the half circle on the pictogram. Use this option for light venting for medium breathers.



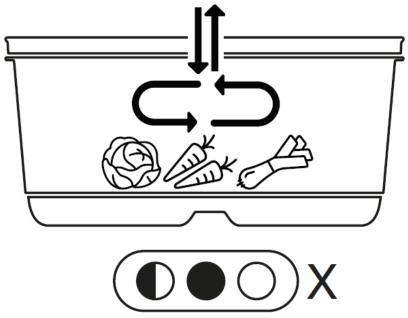
#### Closed

Align the tab with the fully etched circle in the pictogram. Use this option for low breathers.



#### **Fully Open**

Align the tab with the hollow, glossy circle on the pictogram. Use this option for high breathers.



Half Open/Closed/Fully open/Not for fridge

The pictogram below shows common vegetables and fruits classified according to the level of "breathing" they need. Use it to check the type of produce you are storing. Please note that not all fruits and vegetables are shown on each container's label, certain types of produce require larger containers (For example, cauliflower will not fit inside the Mini size).

FridgeSmart containers come in a variety of sizes to fit your needs: Mini (375 ml), Small Low (800ml), Small High (1.8L), Medium Low (1.8L), Medium High (4.4L), Large High (6.1L), High (9.9L) and Vertical (3.2L).



### **HALF OPEN ●**





Cabbage



Oranges



Fennel



Lettuce



Blueberries



Paksoi



Green Beans



Spring Onion



Mangos



Jerusalem Artichokes



Cauliflower



Lemons



Kohlrabi



Fresh Herbs



**Pears** 



Bell Peppers



Chili Peppers



**Apples** 



Leeks



Parsnip



Limes



Rhubarb



Bean Sprouts

## **CLOSED**





Celeriac



Carrots



Strawberries



Sweet Potatoes



Turnips



Cherries



Cucumbers



White/red grapes



Figs



Radishes



Celery



Rasberries



Beetroot



Ginger



Zucchini



Romain Lettuce

### **FULLY OPEN** $\bigcirc$





Broccoli



Kale



Peas



**Artichokes** 



Spinach



Green Asparagus



Corn



**Endives** 



White Asparagus



Brussels Sprouts



Mushrooms

## **NOT FOR FRIDGE** X



Avocados



**Pumpkins** 



Plums



Eggplant



**Kiwis** 



Bananas



Butternut Squash



**Peaches** 



Cherry Tomatoes



Tomatoes