



# Fridges Smart



Keep your  
fruits & vegetables  
fresher longer!



Be "smart" in your "fridge!"



A party filled with great ideas to save you  
space, taste, & waste!



# Tupperware FridgeSmart Party

Be “smart” and earn even more free gifts!

Host Name \_\_\_\_\_

Party Date \_\_\_\_\_

Party Closing Date \_\_\_\_\_

Complete your Guest List &  
return to me by

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1 Dating In Waiting!



\$100 Paid Outside Orders



7 or more Adult Guests  
in Attendance



# Go for it all!

**Tupperware's FridgeSmart...Keep your fruits & vegetables fresher longer!  
Join us for a party filled with great ideas to save you space, taste, & waste!!**

Come & see what's new too...  
There are great new products  
and sales specials!

Host \_\_\_\_\_  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
Place \_\_\_\_\_  
R.S.V.P. \_\_\_\_\_



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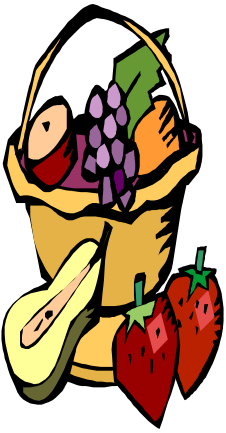
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**Are you Fridge Smart?**

# Demonstration Ideas



Tupperware has been keeping your food fresh for more than 50 years. In the United States every year we throw away billions of pounds of food. About half of what we throw away is produce. Now with FridgeSmart you can keep your fruits and vegetables fresher longer and eliminate produce waste.

## How Does it Work?

By regulating the amount of air that fruits and vegetables breathe. Like people, fruits and vegetables breathe, that's why FridgeSmart containers have been designed with a special venting system. This creates the right level of air that fruits and vegetables need for maximum longevity. The venting system allows you to regulate the amount of air using the two vents on each container.

## How to Control the Amount of Air!

High Breathers	=	Both Vents Open
Medium Breathers	=	One Vent Open, One Closed
Low Breathers	=	Both Vents Closed

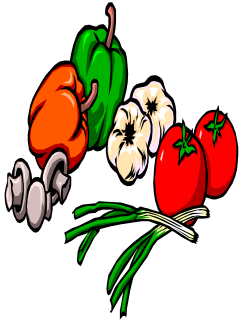
## How Do I Know What's Best for My Fruits & Vegetables?

Simply follow the FridgeSmart Chart which is molded into most containers.

## Distinctive Benefits:

- Cool, translucent color makes it easy to identify contents.
  - Modular system maximizes space in the refrigerator.
- Built-in grid on the bottom lifts fruits and vegetables up out of their own moisture, reducing spoilage.
  - Curved corners makes cleaning easier.
  - Textured seal reduces sliding when containers are stacked.
    - Wide groove on seal makes cleaning easier.
- All parts are dishwasher safe. Vents can be easily removed for dishwasher cleaning.





### Care:

Unique design is easy to clean by hand. Integral grid saves time when cleaning.

The base and seal are dishwasher safe while the button valves should be removed before dishwashing and washed by hand.

### Instructions for Use:

Match size of contents to container capacity. Once you have placed fruits and vegetables in FridgeSmart, position the button valves based on the FridgeSmart Chart.

Place container in the middle of the refrigerator, not touching the back.

Use the “crisper bins” in the refrigerator for cans of soda, glass jars, plastic containers, etc.

### Proper Selection of Fresh Fruits And Vegetables:

Knowing how to select fresh fruits and vegetables of “good quality” is very important.

Here are some general pointers to always keep in mind:

1. **CHECK FOR FRESHNESS:** Buy only fruits and vegetables that “look fresh” and are reasonably unblemished. Avoid produce that is wilted, wrinkled, drooping, insect-damaged or dirty.
2. **NOTE THE COLOR:** Select items of “characteristic color.” Color is often a good guide to quality. For example, the deeper the yellow, as in carrots and winter squash, or the darker the green, as in kale or spinach, the better the content of Vitamin A.
3. **NOTE THE SHAPE:** Grossly misshapen fruits and vegetables usually are inferior in texture and taste and have a good deal of waste. They are also more difficult to prepare.
4. **NOTE THE SIZE:** Medium sizes are generally preferred for most purposes. Items which are extremely large or extremely small may have undesirable points. For example, very large fruits may be coarse and over-mature. Extremely small ones may be immature and will have too much waste.
5. **CHECK THE DEGREE OF MATURITY:** The proper maturity of a fruit or vegetable is the state at which it is judged to be right for harvesting in order to bring it to the consumer in the best possible condition. Such maturity varies. All leafy vegetables must be immature. If they carry seed-bearing parts, they are too mature and will be tough.
6. **NOTE RIPENESS:** Ripeness is different from maturity. For many products, “ripeness” is undesirable. For example, a ripe cucumber would have hard seeds, poor flavor and be inedible.
7. **USE YOUR GOOD JUDGMENT:** Buy at produce departments which are well run, where you have a wide variety of selection and where you have made quality purchases of produce before.



## Did You Know... These Very Interesting Facts About Fresh Fruits & Vegetables?

- Almost half of the vitamin A in the food supply (50%) is from fruits and vegetables.
- Unless fruits and vegetables are consumed regularly, it is next to impossible to obtain enough vitamin C from food.
  - Almost all fruits and vegetables are very low in fat in their natural state.
  - Almost half (43%) of the folic acid, an anti-anemia B-vitamin, comes from fruits and vegetables.
- Virtually all fresh fruits and vegetables have an alka-line reaction in the body, whether or not they have an “acid” taste.
  - The most economical sources of vitamin C in the food supply are in order: (1) citrus fruit and tomatoes; (2) potatoes; (3) green and yellow vegetables; and (4) other fruits and vegetables.
  - The most economical source of vitamin B1 in the food supply is potatoes.
- For the over-weight, consuming carbohydrates in the form of bulky fruits and vegetables with low carbohydrate content is one means of lowering the total calorie intake and yet eating a considerable amount.
- Crisp apples cleanse the teeth and are recommended by the American Dental Association for both children and adults.
- Bananas fit well into reducing diets, because they are high in bulk, low in calorie content, cause the feeling of being full, and give flavor satisfaction.
- Bananas have virtually no fat. The smooth, apparently oily texture of the pulp may cause belief that bananas contain considerable oil, but they don't. The fat content of bananas, weight for weight is on a par with that of lettuce.
- Broccoli is a good source of vitamin A and an excellent source of vitamin C. One cup of cooked broccoli (150 grams) provides 75% of the recommended daily allowance of vitamin A for an adult, and twice the vitamin C.
- One cup of cooked Brussels sprouts (130 grams) provides 190% of the recommended daily allowance of vitamin C for an adult.
  - Cabbage is so high in vitamin C that weight for weight it ranks with orange juice.
  - The golden color of cantaloupe flesh is due to carotene, which the body converts to vitamin A.
- Speaking of vitamin A ... a single carrot (5½ x 1 inch) will give you more than the daily recommended allowance.
  - One cup of boiled and drained cauliflower provides 110% of the daily recommended allowance of vitamin C.
  - Celery is ideal for nibbling since it is very low in calories, yet provides a useful amount of vitamins and minerals.
- One cup of raw grapefruit sections (194 grams) provides 120% of the daily recommended allowance of vitamin C.
  - Adding lettuce to a sandwich not only makes it more palatable but improves indigestion.
  - A cup of orange juice provides 1½ to 2 times the recommended daily allowance of vitamin C.
  - Parsley is very high in vitamin C. Only 1.2 ounces provides the recommended daily allowance for an adult.
  - One medium-sized cooked pepper provides the entire daily recommended allowance of vitamin C for an adult.
- Potatoes contain virtually no fat. They are low in sodium and fit for low sodium diets. Potatoes are highly digestible - the carbohydrate is 92-99% usable; the iron is 93% usable; and the potato vitamin B1 is more usable than even a like dose of the purified vitamin.
- One cup (288 grams) of cooked pumpkin provides one and a half times the recommended daily allowance of vitamin A.
  - Spinach is especially high in iron and is used in diets to increase iron intake.
  - Ten large strawberries provide 100% of the recommended daily allowance of vitamin C.
  - Sweet potatoes are one of the most all-round nutritious foods of the world.
- Watermelon is surprisingly nutritious. A 4 x 8 inch wedge, which is just a “sample” for a real watermelon eater, provides half of the recommended dietary allowance of vitamin C and half the allowance of vitamin A, as well as a good contribution of other vitamins and minerals.

Information taken from “The Fresh Fruit and Vegetable Book”





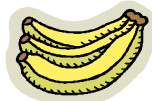
## Fresh Blueberry Banana Bread

1 Cup Fresh Blueberries	1/3 Cup Butter or Margarine
1 3/4 Cups Sifted Flour	2/3 Cup Sugar
2 teaspoons Baking Powder	2 Eggs
1/4 teaspoon Baking Soda	1 Cup Mashed Ripe Bananas
1/2 teaspoon Salt	

Wash and thoroughly drain blueberries; toss berries with 2 Tablespoons flour. Sift together remaining flour, baking powder, baking soda, & salt. Cream butter or margarine; gradually beat in sugar until light and fluffy. Beat in eggs, one at a time. Add flour mixture and bananas alternately, in three parts. Stir in blueberries. Spoon into greased loaf pan (9x5x3-inches.)

Bake in 350° oven about 50 minutes or until done.

Makes one loaf.



## Summer's Bounty Soup

4 Medium Tomatoes, Chopped
2 Medium Potatoes, Peeled and Cubed
2 Cups Halved Fresh Green Beans
2 Small Zucchini, Cubed
1 Medium Yellow Summer Squash, Cubed
4 Small Carrots, Thinly Sliced
2 Celery Ribs, Thinly Sliced
1 Cup Cubed Peeled Eggplant
1 Cup Sliced Fresh Mushrooms
1 Small Onion, Chopped
1 Tablespoon Minced Fresh Parsley
1 Tablespoon Salt-Free Garlic and Herb Seasoning
4 Cups V-8 Juice

Combine all ingredients in a 5-quart slow cooker. Cover and cook on low for 7-8 hours or until the vegetables are tender. Yield: 12-14 servings.

# Fruits & Vegetables



## Layered Fruit Salad

(Good served alone or with macaroons or crispy oatmeal cookies, wafers or pound cake and coffee or dessert wine, as desired.)

1 lb. Grapes	2 Bananas
1 16-oz. Can Sliced Peaches	1 Pint Fresh Raspberries
2 Oranges	3 Kiwis
Juice from 2 Oranges or	2 - 4 Tablespoons
1/2 Cup Frozen Orange Juice	Powdered Sugar, optional

1. Rinse grapes. Cut in half and remove any seeds if necessary. Place in bottom of a glass serving bowl.
2. Peel and slice bananas. Place over grapes.
3. Drain peaches well. Cut into smaller pieces. Distribute on top of bananas.
4. Carefully rinse raspberries. Sprinkle on top of peaches.
5. Peel oranges. Remove the white skin. Section and cut into smaller pieces. Place on top of raspberries.
6. Peel and slice kiwis. Garnish salad.
7. Pour orange juice over top of salad and sprinkle with powdered sugar, if used. Keep salad refrigerated until ready to serve.



## Sliced Baked Potatoes

(Makes 4 Servings)

4 Medium Potatoes
1 teaspoon Salt
2 to 3 Tablespoons Melted Butter
2 to 3 Tablespoons Chopped Fresh Herbs, Such as Parsley, Chives, Thyme, or Sage
(OR 2 to 3 teaspoons dried herbs of your choice)
4 Tablespoons Grated Cheddar Cheese
1 1/2 Tablespoons Parmesan Cheese

Peel potatoes if the skin is tough, otherwise just scrub and rinse them. Cut potatoes into thin slices but not all the way through. (Use a handle of a spoon to prevent knife from cutting all the way.) Put potatoes in a baking dish. Fan them slightly. Sprinkle with salt and drizzle with butter. Sprinkle with herbs. Bake potatoes at 425° for about 50 minutes. Remove from oven. Sprinkle with cheeses. Bake potatoes for another 10 to 15 minutes until lightly browned, cheeses are melted, and potatoes are soft inside. Check with a fork.