THE CONSCIOUS AND COMMITTED Your fridge: Well-stocked, healthy, colour-coordinated





THE CREATIVE

Your fridge: Generally healthy, balanced, cluttered





WHAT DOES YOUR FRIDGE STACKING STYLE SAY ABOUT YOU?

You're self-disciplined, reliable, organised and a lover of lists so be sure to hang onto the adventurous side of food by mixing up fruit and veggies every week instead of buying the same thing all the time.

Open-hearted and creative, you love trying new things so do a stocktake of your fridge to avoid over-buying and put any items that need using up to the front, so you don't forget about them.

THE PEOPLE PLEASER Your fridge: Organised chaos, well-stocked and lived-in

You have a warm, friendly and compassionate nature that will always go the extra mile for those you care about but make sure you're looking after your health too by having whole snacks on hand.



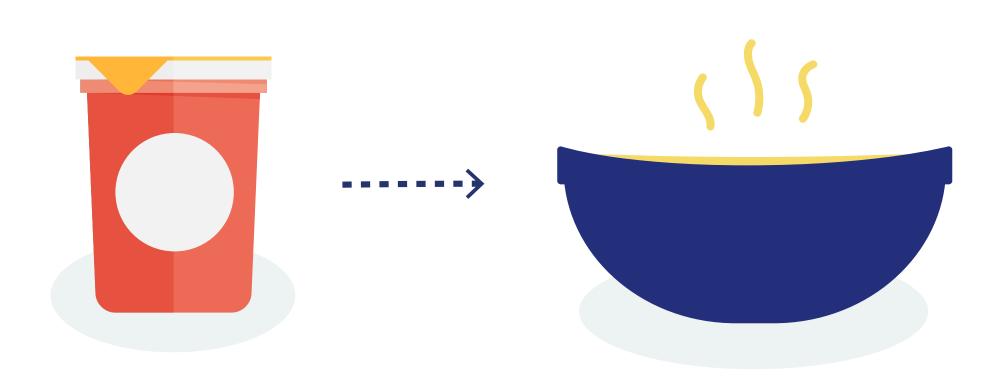
THE SOCIALTE Your fridge: Empty, necessity & convenience only

You get your energy from interacting with others but consider how the right food in your fridge can do the same.

Talkative, assertive and outgoing, you are more than likely to be found out-and-about but try to have a homecooked meal at least three times a week to reduce your takeaway bills.



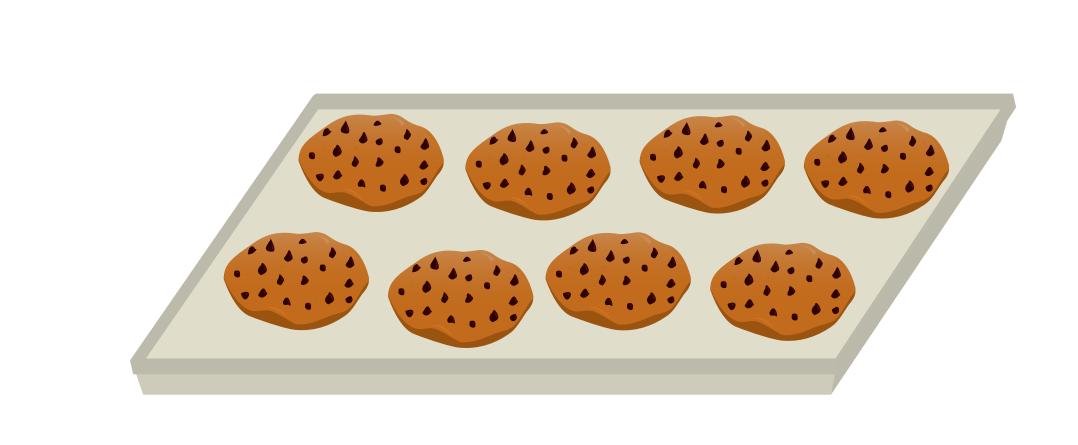
You mainly eat for convenience and comfort so stock up on ready-to-eat soups that are great for you and quick to make.



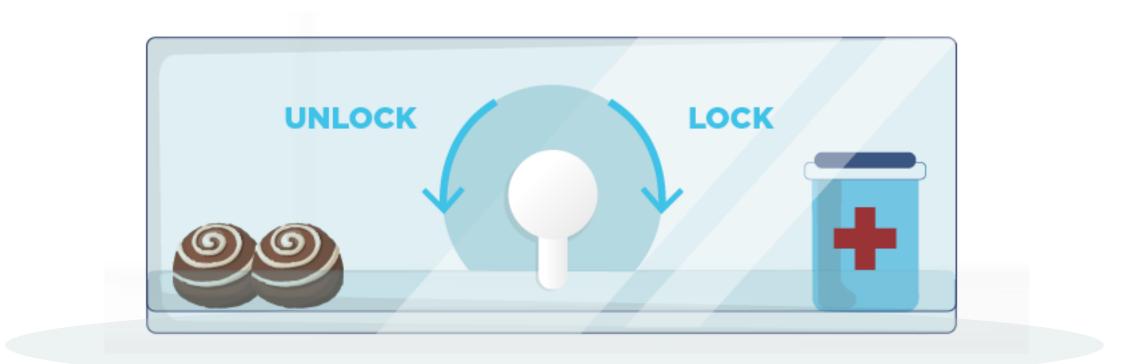








You love entertaining, cooking and baking and you can now hide your special treats in the Westinghouse FamilySafe™ lockable compartment, away from wandering hands.



There is less structure to your grocery shopping, so opt for ready mixed veggies to limit your food waste and a carton of eggs for their versatility.



You often forget about the things in the freezer but utilise it better with store-bought or home delivered healthier frozen meals and freeze leftovers for emergency dinners.

