



The Fridge Door Egg Myth

Why that built in egg shelf on your fridge door is the worst spot for eggs

The Door Looks Like The Spot

Most fridges have a molded egg shelf built into the door, so it feels like the intended home for eggs. Food safety guidance says otherwise.

Source: [Food Republic](#)

The Door Swings Warmest

Every time the fridge opens, warm room air rushes straight into the door shelves first. That makes the door the least stable temperature zone in the fridge.

Source: [Food Republic](#)

Shells Are Porous

Eggshells are porous, so warm air can pass through them too. Once eggs sit above 40°F, bacteria can reach the egg through those pores more easily and quality drops sooner.

Source: [Food Republic](#)

Back Shelf, Not The Door

The back of a shelf holds the most stable temperature in the fridge. That is where eggs should sit, kept at 40°F or colder.

Source: [Food Republic](#)

Leave Them In The Carton

The original carton is not just packaging. It shields eggs from soaking up strong odors from other food nearby in the fridge.

Source: [University of Illinois Extension](#)

Stored Right, They Last Weeks

Kept cold and steady in the shell, eggs stay safe for three to five weeks in the fridge, well beyond the day you bring them home.

Source: [University of Illinois Extension citing USDA](#)

IN SHORT

A steady, cold shelf, not the door, is what keeps a Multan morning egg as good as the day it arrived.

References

1. [Food Republic](#) <https://www.foodrepublic.com/1911424/never-store-eggs-refrigerator-door/>
2. [Food Republic](#) <https://www.foodrepublic.com/1911424/never-store-eggs-refrigerator-door/>
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4. [Food Republic](#) <https://www.foodrepublic.com/1911424/never-store-eggs-refrigerator-door/>
5. [University of Illinois Extension](#) <https://extension.illinois.edu/blogs/live-well-eat-well/2025-01-29-safely-storing-store-bought-eggs>
6. [University of Illinois Extension citing USDA](#) <https://extension.illinois.edu/blogs/live-well-eat-well/2025-01-29-safely-storing-store-bought-eggs>

