

Show me your fridge and I'll tell you who you are?

Who put vegetables in the beer bin?

That's the question I asked myself some time after moving in with the woman who would become my wife a few years later. Me, a long-term bachelor, used to using my fridge mainly to keep beers cold, a bit of cold meats, leftovers from the night before in a tupperware©, steaks bought on special two days before and above all a salad in a bag (to ease my conscience).

Yes, there was an echo in my fridge.

Let's not forget that the freezer only contained frozen pizzas and tubs of ice to make my own milk shakes (yes, you can't do that again).

Very soon after Madame's arrival, my fridge's diet changed. The beer bin became a vegetable bin, the beers were relegated to a higher level, next to the cans of Coke© and above all... it was full of foodstuffs I didn't even know existed. My fridge changed its status and proudly displayed its family fridge look.

Meanwhile, at the ILO, fridges were appearing on the floors so that colleagues could keep their food fresh and, above all, to do away with the pirate fridges that adorned certain offices, mostly to keep Friday aperitifs cool.

So at work I was happy to find the bachelor's fridge that I'd missed a bit, with its beers, bottles of wine and other treats for the aperitif.... And the occasional tup.

Then came the trainees, all from the Millennial generation, with their tups full of healthy food, and their soya, almond or oat milk, and sometimes a small bottle of real milk. Watching the fridge evolve for a second time, I smiled inwardly, and wondered if organic, vegan, gluten-free, sugar-free and probably tasteless food was the mark of a trainee's passage through a fridge.

Open your fridge and see for yourself. If some of the markers mentioned above are present, there's most likely a trainee working near you.

To conclude, I'd like to say that I enjoy working with trainees, they bring us the freshness we've lost and a vision of tomorrow's perspective. It's only their diet that I find sad....

Maybe I'm too old to appreciate it?