



Energy Saving Tips In the Kitchen: Refrigerators

Don't spend more time taking inventory every time the fridge is opened.

Think about what you want before you reach for the door.

Keep the fridge away from the boiler and oven, or in direct sunlight.

Fridges work best in cooler environments.

Get in the habit of keeping items in the same place in the fridge (e.g., milk in the door, eggs on the second shelf, chocolate cake front and centre).

Make sure foods are covered before they are kept in the refrigerator.

Otherwise the moisture in them will evaporate, which makes the refrigerator use more energy.

Let foods cool before they are put into the refrigerator or freezer.

Cool them rapidly in an ice or cold water bath. Don't leave food out so long at room temperature that it start growing salmonella, botulism or other nasty food poisoners.

Separate the food into small portions prior to freezing.

They will freeze more quickly, be in more convenient portion sizes, and will defrost quicker.

Freezers works more efficiently when full than when nearly empty.

Put some plastic containers like old milk jugs with water in them in the freezer to take up empty space.

Defrost your fridge regularly to keep it running efficiently and cheaply.

If it tends to frost up quickly, check the door seal.

Keep the refrigerator temperature about 2-3°C

(over 5°C and bacteria start to grow),

Keep the freezer temperature at around -18 °C.

Make sure the refrigerator is level,

That way if the door is left it will automatically swing shut instead of open.