

Fridges and freezers

How to clean

Use lukewarm water, washing-up liquid and a soft sponge or cloth. Be sure to wipe the surfaces dry afterwards to prevent ice from building up. Defrost your refrigerator and freezer at regular intervals. This will keep the temperature more even and increase the shelf life of the food. Thick layers of ice increase energy consumption. Never try to chip away the ice (e.g. using a sharp instrument or hammer) as this can damage the freezer.

Maintain the right temperature

The temperature in your refrigerator should be between +4 and +8°C to keep your food fresh. You can measure the temperature by placing a glass of water among the food in the refrigerator for a couple of hours and then check the temperature of the water. The temperature in the freezer should be between -18 and -20°C.

When defrosting your freezer, make sure you protect adjacent machines, cupboards and flooring from the large volumes of water that form when the ice melts. If the cupboard units or flooring are damaged by water, you may be liable to pay compensation.

Your fridge needs defrosting at least every second month to avoid too much ice accumulating in and around the freezer compartment. Too much ice in the fridge makes it more difficult to maintain a cold temperature and may cause the freezer compartment door to break. Again, you may be liable to pay for the door to be replaced when you move out.

Modern freezers are often self-defrosting. The principle is that condensed water is channeled into a bowl placed on top of the compressor. The water then evaporates due to the heat generated by the compressor.

Pots and pans

Check your pots and pans now and again. Heat is used most effectively when the bases of saucepans and frying pans are smooth and clean. Choose the right size of pan to fit the cooker rings, both for the most efficient use of heat and to prevent the ring from cracking.



Don't forget to clean the "little hole" in the refrigerator.