

Fridges and Freezers

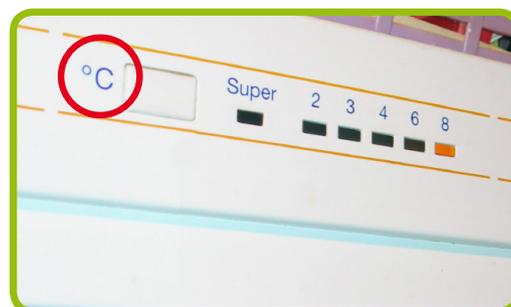
Fridges and Freezers are often the greatest “power eaters” in the household. The reason for this reputation is because they are in operation around the clock. Here are some important tips on how to keep the energy demand of your cooling devices as low as possible.

Quickly done and particularly important – Setting the right temperature: 8°C in the fridge and -16°C in the freezer!

Lower temperatures are unnecessary and actually boost your power consumption. There is an important thing to remember, however, when adjusting the temperature: Are the degrees set in centigrade directly or in “steps”?

Option 1: Adjustment in degrees centigrade (°C)

Most recent models have a button for entering the temperature directly in degrees centigrade (°C). **Attention!** Do not set fridges “to 2” or “to 3”. The number does not mean a “step” in this case, but the temperature (hence 2°C, respectively 3°C). This causes the fridge to become far too cold and to necessitate a lot of energy! If you find the marking °C, choose: setting for a fridge: 8 = 8°C; setting for a freezer: -16 = -16°C



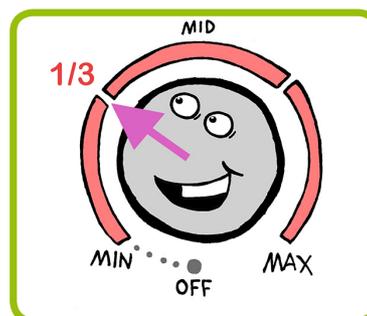
Option 2: Adjustment in steps (dial)

Many fridges and freezers have a dial for setting the temperature. The scales on these dials vary: Most of them range from 1 to 5 or 7. Sometimes, however, no numbers are written on them at all. The following rule of thumb applies to a fridge or freezer that is functioning well: Set the dial to a third of the way between the lowest and highest value.

This means for example:

- In the case of 5 stages in total: set it to a little below 2
- In the case of 7 stages in total: set it between 2 and 2,5
- In the case of a stepless dial: estimate the 1/3 position

With old or faulty devices, the “One-Third-Rule” does not always work. In this case, a thermometer for cooling devices should be used to check the temperature (see last page).



... and what about fridge-freezers?

Fridge-freezers usually allow only the fridge compartment to be set. The freezer compartment adjusts itself accordingly. Choose the One-Third-Setting (or enter 8°C) for the fridge. The freezer will then be set automatically to -16°C to -18°C (if the device is functioning properly). However, check if you may have the kind of device that allows for both parts being adjusted.

Do you have more than one cooling device?

If you have more than one fridge-freezer, or one fridge and one freezer, consider carefully if you need so much cooling space. **Disconnect cooling devices from the power supply that you not really need.** When buying new devices, choose ones that are as small and as energy-saving as possible.

Avoid "Super", "Quick-Frost" and similar functions.

These settings are often indicated by an orange light. They are intended for cooling down large amounts of food quickly. Therefore, the thermostat (the automatic temperature control) is disabled.

Refrigeration will run on full power non-stop. Fridges sometimes chill down to almost freezing point, and freezers to below -30°C even. This uses up A LOT OF electricity!



Defrost on time

Switch your freezer off if an ice layer of more than 3mm has built up, and back on only once the ice has melted. A thick layer of ice prevents the device from cooling down properly. A bowl of hot water speeds up the melting process. If the ice comes back after only a few days, the device is either set at a too cold level, or it is not working properly.



Broken seals?

Due to broken seals warm air can enter the device, and it is necessary to cool it down. Take photos of any broken patches and ask a retailer for a new seal for your device.



Does the device work properly?

If you are in doubt as to whether your fridge or freezer cools properly, you can easily check the temperature with a thermometer for cooling devices. These

kinds of thermometers are available for around two Euros in electronics stores. Inside cooling devices it is colder towards the back wall and at the

bottom than it is closer to the door and further up. Measure the temperature at the centre of the device as precisely as possible. Allow the thermometer about 10 minutes to react when the door is closed. Test if the One-Third-Setting results in a temperature of 7°C to 9°C in the fridge, and about -15°C to -17°C in the freezer. If it does not, turn the dial up a bit, and take another look after about 2 hours. It pays to spend a little time finding out the best setting!

Attention! The "red area" (where it is allegedly too warm) on many thermometers for cooling devices already begins at 6°C (-18°C for deep-freezing). This complies with standard suggestions by the manufacturers of cooling devices. 8°C (-16°C) is entirely sufficient, however.



The right site.

If possible, cooling devices should be placed in a cool spot within the room. Keep them as far away from radiators and stoves as you can, and avoid direct sunlight. The ideal site: A chilly room! Also important: Open the door of cooling devices as briefly as possible, and do not put any hot or warm food inside!