

## Set fridges and freezers to the right temperature

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**Why?** In most households, the fridge is on 24 hours a day, 365 days a year. This means that it typically uses more electricity than any other whiteware appliance. You can reduce its annual running costs by making sure your fridge's temperature is not too cold.

### Tip Details

#### Step-by-step

##### 1. Find and check the dial

- Older models have a dial inside the fridge that indicates the temperature setting, using increasing numbers or a 'low, medium, high' scale. Some newer models have digital temperature displays on the outside of the fridge.

##### 2. Measure the temperature

- The temperature of your fridge should be between 3°C and 4°C. The temperature of your freezer should be between -15°C and -18°C.
- Use a fridge thermometer specially designed to measure the temperature in a fridge or freezer. These are sold at hardware and kitchenware stores.
- Place the thermometer in the centre of the fridge, or between frozen packages in the freezer. Take the reading after 24 hours.
- Adjust the dial accordingly.

#### Good to know

To keep food safe and minimise bacterial growth, make sure your fridge and freezer are not kept any warmer than the recommended temperatures. If your household opens the fridge or freezer door often, opt for a colder setting. This will ensure that the average fridge/freezer temperature is within a safe zone.

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These tips offer general information about potential efficiencies and savings that could be achieved in a typical household in New Zealand. These tips are not specifically tailored to any individual, home, or appliance. Actual savings and efficiencies may vary subject to your personal circumstances, including individual appliances, how you use them, current energy prices and your household's consumption. To learn more about some of the key sources used to develop these tips, please visit [mercury.co.nz/gemfaqs](http://mercury.co.nz/gemfaqs).