

Fridges and freezers are on all the time so the cost of running them over a year can be high

Fridges and Freezers use energy:

- to cool food to room temperature
- to remove heat getting in through the appliance casing
- to remove heat getting in when the door is open

Heat removed from inside a fridge or freezer is pumped out into surrounding air using cooling fans on the back of the appliance.

A fridge or freezer works most efficiently when it can lose heat easily. That's why it's important to keep cooling fans clean and to leave space around the appliance to let heat away.

Old versus New Appliance

- An old appliance can cost a lot more to run compared to an **A rated new appliance**.
- All new fridges and freezers must carry an energy label, which indicates how efficient that model is, allowing you to compare the efficiency of one machine with another. Look for this when you are buying a new appliance.

Keeping the Cold In

- Fridges and freezers are insulated, but the insulation doesn't completely stop heat getting in. When the door is opened cool air falls out and warm air from the room replaces it.
- Chest freezers are more efficient than upright ones because less cool air falls out of them when the lid is open than when a door of an upright is open.
- Condensation forming on the outside of your fridge suggests that the insulation has deteriorated and it is using more power than it should.

CUTTING ENERGY COSTS:

COOKING, FRIDGES AND FREEZERS

Cutting Costs - Cooking

Cooking is very intensive because the oven / grill and rings work at very high temperatures

- Use a small ring or low flame for small pans, if you can see the rings below the pan it is too big.
- Use the small top oven, if you have one, instead of the main oven for smaller items.
- Set the oven to the temperature you need and no higher.
- Keep lids on pans.
- If you have an electric hob make sure the bases of your pans are flat and in contact with the rings.
- Avoid opening the oven door while it is on use, replace damaged door seals.
- Don't overfill pans or kettles; you waste energy heating extra water.
- Boil water in an electric kettle instead of in a pan or in a kettle on an electric hob.
- Use a pressure cooker, steamer or slow cooker, they are more efficient than a pan

- For toast, use a toaster instead of a grill.
- Use your microwave to re-heat food instead of the cooker.

Microwaves

- Microwaves use 70% to 90% less electricity than conventional ovens.

Fan Ovens

- Fan ovens use about 20% less electricity than conventional ovens.
- If you can see the edge of the red hot ring or flames of gas around your pan you are wasting electricity.
- Turning the oven up high won't make it heat faster; set it to the temperature you need.
- A boiling pan only needs a little heat to keep it simmering so turn the ring down.
- Electrical kettles, toaster and microwaves are more efficient because heat is only used to heat food and not into the room as a cooker does.
- Avoiding placing your cooker near your fridge or freezer.

Gas Safety

- Don't block air holes in the oven with kitchen foil, keep these holes clear.
- Get your cooker checked by a Corgi registered fitter every two years.

Electricity Safety

- Switch your cooker off at the wall when not in use.
- If your cooker appears to be heating when switched off, get it checked immediately.

Cutting Costs - Fridges & Freezers

- Site your fridge or freezer in a cool place; out of direct sunlight and away from the cooker and heating boiler.
- Make sure there is plenty of ventilation space at the back of your fridge or freezer.
- Use the fridge or freezer thermostat to keep the temperature right – the higher the thermostat setting, the lower the temperature.
- Check the temperature inside using a fridge or freezer thermometer, fridges should be set at 0-4°C, freezers at -18°C to -5°C.
- Keep the door shut.
- Replace damaged door seals – they let heat in.
- Try to keep your fridge or freezer about three quarters full, this is most efficient.
- Keep cooling fans at the back of the fridge or freezer clean.
- Don't put warm items inside the fridge or freezer as the fridge has to work harder to cool down.
- Defrost regularly – the more ice there is the more electricity is being used.
- Allow time for food to defrost rather than using the microwave.