



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS



IFHE Programme Committee  
Household Technology & Sustainability –  
the experts in household management

# Best Practice Tips in Refrigeration<sup>©</sup>

## How to handle chilled food

- Let frozen food thaw inside the refrigerator with a drip tray beneath.
- Keep raw food separated from cooked or ready-to-eat food and wrap or cover it in order to avoid spreading bacteria and odours.
- Place products with longer shelf life behind items that are close to the use-by date.
- Clean your refrigerator at least once a month and remove spilled food immediately in order to prevent growth of microbes.

## Things to keep in mind

- Don't keep the refrigerator door open any longer than you need.
- Avoid putting hot or warm food inside the refrigerator.
- Defrost your refrigerator/ freezer if you notice ice-build-ups.
- Ensure your refrigerator is at the right temperature for the food inside.
- Avoid overloading your refrigerator with foodstuff.

## Find the right spot for your refrigerator

- Choose a dry and cool site to install your refrigerator and keep it away from external heat sources.
- Provide adequate space around the refrigerator to allow cold air to circulate and make sure nothing is covering the air outlet.

## Considerations before buying

- Get the right size. The refrigerator you are buying has to suit your needs.
- Look for appliances that use little energy.

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