



## Fridge and freezer tips

Do you store food and drinks in your fridge and freezer? Our Contracts Team has some top tips for looking after your fridge and freezer.

### Top tips for looking after your fridge and freezer

- Check the door seals
- Keep coils clean
- Clean the inside
- Check temperature
- Keep it filled

#### Clean the door seals

Make sure the door seals are tight and free of food crumbs. Try to clean the seals twice a year with a small brush (an old toothbrush is ideal) and a mixture of baking soda and water. To make sure your seals are working properly, put a slip of paper, so it's half in and half out. If it slips out easily, then you will need to get the seals checked by a professional.

#### Keep coils clean

If coils are covered in dust, then the fridge can't run properly. It's important to clean coils twice a year by pulling the machine away from the wall, unplugging the refrigerator and vacuuming them with a brush attachment.

#### Clean inside

Cleaning the shelves, doors, and walls of the fridge every month can prevent germs and bacteria from reaching the food. When something spills in the fridge, clean the spill straight away. Remember to check for out of date and mouldy items.

#### Check the temperature

Make sure your fridge temperature is between 37 to 38 degrees Fahrenheit and the freezer is at 0 degrees.

**Keep it filled**

When the fridge doors open, cool foods and drink take in warm air which makes your fridge work harder. If your fridge is usually never filled, fill it with empty bottles to help your fridge.

**Who are the Contracts Team?**

RWP's Contracts Team help to keep our tenant's homes safe to live in, keep communal areas clean, get the household appliances and furniture tenants need, and sort out repairs for white goods or replacements. Get to know the members of the team here: [Our contracts team - RWP \(residewithprogress.org.uk\)](https://residewithprogress.org.uk)