

Energy efficient refrigerators and freezers

Before buying a fridge or freezer you should first decide on what size and features you need. If you are living by yourself, a small single door fridge may be sufficient for your needs, whereas a family of five may need a much larger fridge.

Energy star rating labels

The energy-rating label displayed on a fridge/freezer shows an energy consumption figure and a star rating from one to six.

Choosing an energy efficient model is as simple as comparing the stars. More stars in the label means that the fridge/freezer uses less electricity to achieve the same level of performance than a comparable model. The maximum is six stars.

Operating costs can be calculated simply by multiplying the energy consumption figure by the current domestic electricity [tariff](#).

Types of fridges and freezers

Cyclic defrost fridge/freezers

These types of fridges and freezers require manual defrosting regularly.

Frost free fridges

These types of fridges and freezers use a little more energy than cyclic defrost models due to the energy use of the fan and a need to defrost both the freezer and fresh food compartment. However, some well designed frost-free fridges have lower energy use than some cyclic defrost models.

Vertical/upright freezers

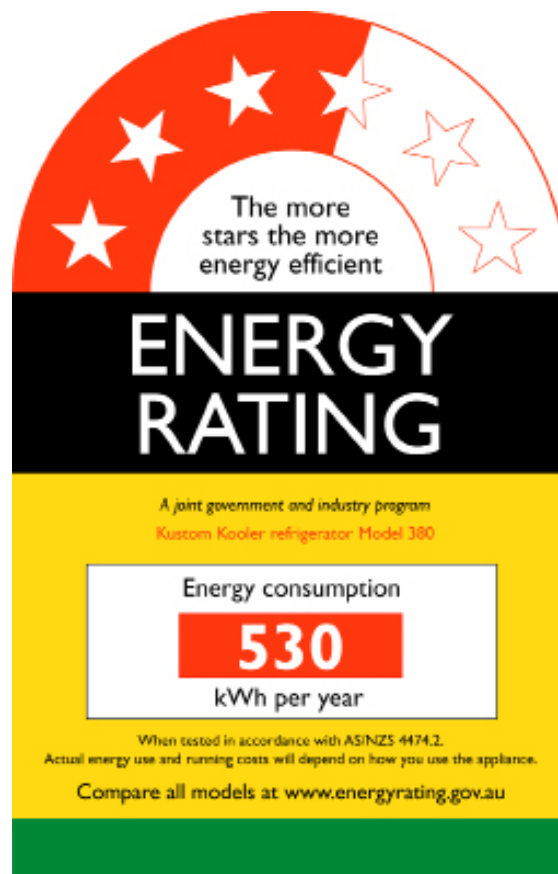
These have a front-opening door. Contents can be checked, packed and unloaded relatively quickly and this minimises the time the door is open.

Chest freezers

They have a top opening and are generally more economical to run as they hold cold air more efficiently.

Handy hints

- Make sure the doors are well sealed. Test them by sliding a piece of paper around the seal. If it is a good seal the paper should not move easily. Turn on a torch and place it inside the fridge, you should not be able to see any light around the seals.
- Place your fridge/freezer in a cool position. Leave a gap behind it to allow adequate airflow around the coils.
- Clean the coils at the back of the fridge/freezer when dust accumulates.
- Regular defrosting of manual units helps maintain performance and energy efficiency.



- Allow food to cool before putting it in the fridge/freezer.
- Do not open the door too often or for too long.
- Do not place the fridge/freezer near the oven or stove, or against an uninsulated wall which faces the sun.
- When going away for long periods, empty, clean and turn off the fridge and leave the door open.
- Choose a fridge matched to your needs. A bigger fridge increases your electricity account.

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