



Start the New Year with a Clean Refrigerator and Freezer



The new year is a great time to reset and start fresh. One easy place to begin is your refrigerator and freezer. Cleaning them helps food stay fresh, improves food safety, and can even help your appliance work better.

You don't need special supplies – just a little time and a few basic tools.

Step 1: Empty the Refrigerator and Freezer

Start by taking all food out of the refrigerator and freezer. Check expiration dates and throw away anything that is spoiled, freezer burned, or no longer safe to eat. If needed, place cold food in a cooler while you clean.

Step 2: Defrost the Freezer

If ice has built up in your freezer, defrosting is an important step.

To defrost:

- Turn the freezer off or unplug it
- Leave the door open
- Allow the ice to melt naturally
- Place towels on the floor to catch water.
- Never use knives or sharp tools to remove ice, as this can damage the freezer.

Step 3: Wash Shelves and Drawers

Remove shelves and drawers if possible. Wash them with warm water and dish soap. Let them dry completely. Wipe the inside of the refrigerator and freezer with a clean cloth or sponge. Pay attention to corners and spills that may have been

missed over time.

Step 4: Clean the Door Seals

The rubber seals around the doors can collect crumbs and spills. Wipe them with warm, soapy water. Clean seals help the doors close properly and keep cold air inside.

Step 5: Clean the Coils

Refrigerator coils are usually located on the back or underneath the unit. These coils collect dust, which can make the refrigerator work harder.

To clean the coils:

- Unplug the refrigerator
- Use a vacuum or soft brush
- Gently remove dust and debris

Clean coils help improve efficiency and may extend the life of your refrigerator.

Step 6: Put Food Back and Restock

Plug the refrigerator back in and wait until it reaches a cold temperature. Return food to the shelves, placing older items in front so they are used first.

Cleaning your refrigerator and freezer is a simple task that can make a big difference. It helps keep food safe, reduces waste, and supports a healthier home. Starting the year with a clean fridge is a small step toward a fresh and organized new year.

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