

How much is reasonable to regulate refrigerator temperature?

The adjustment of the refrigerator temperature so that it is reasonable, not all families are interested and known, as this will affect the food quality as well as the operating capacity of the machine.

Normally when we buy a refrigerator, the temperature in the cabinet will be preinstalled by the manufacturer and the user will not need to adjust anything. Because of this, very few families pay attention to adjusting the temperature to suit the need to use the refrigerator. The temperature of the refrigerator will depend on the purpose of each compartment, as well as the amount of food left in the refrigerator. So how much is reasonable for each refrigerator compartment?

1. Adjust the temperature to the refrigerator:

The current series of refrigerators in the market are set to a variety of cooling levels, indicating the gradual increase or decrease of the temperature in the cabinet. The first degree indicator will be the warmest and the temperature will gradually decrease to the coldest when reaching the last indicator. You can choose the appropriate level for each family's needs.



Readers can refer to a number of refrigerators sold at META.vn online shopping channel, to receive preferential prices and enthusiastic advice:

2. Select the standard temperature for the freezer:

The freezer, also known as the freezer compartment, is the place to make ice, freeze food and preserve frozen foods. Therefore, the temperature of the freezer should be kept below 0 degrees Celsius. An average of **about -**

18 degrees Celsius because at this temperature the bacteria will not grow, you can preserve the food in long time.



3. Required temperature for cooling compartment:

There are many people who think that the refrigerator compartment will keep it better when stored at a lower temperature. However, 0 degrees C is the right temperature for the cooling compartment. You can store soft drinks, confectionery, cosmetics and even non-empty food but want to use it later. For non-finished food, you should place it in a covered aluminum box and store it in the refrigerator compartment, thus helping the food to be cooled longer, preventing the food from becoming rancid, affecting family health.



4. Adjust the temperature for the fresh compartment:

For fresh food, too low temperatures will cause food to freeze, and cause unnecessary power consumption. On the other hand, if the temperature is too high, the refrigerator will not provide enough cold air to preserve food, the food will quickly be damaged, increasing the possibility of poisoning for users.



So what is the ideal temperature for the fresh food compartment? The answer is **0-4 degrees Celsius** . At this temperature, you are completely assured that the food will always be preserved fresh and full of nutrients.

Refer to the following articles:

1. Have you used the refrigerator properly when you first bought it?
1. How to clean the refrigerator properly?
1. What to do when the refrigerator vibrates and screams abnormally?

Hope this article is useful to you!

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