

Let food cool before putting it in the refrigerator, so should it or should it not?

So far, we still often let food cool completely and then put it in the refrigerator for preservation. However, there is a lot of controversy around when some say that it is not necessary to put cold food in the refrigerator.

According to the habit of preserving food, most people let the whole new food cool to the refrigerator for preservation. However, there is a lot of controversy around when some people say that it is not necessary to put cold food in the refrigerator, but maybe the food is hot or warm in the refrigerator.

So should you allow food to cool before putting it in the refrigerator? Before giving your opinion, please consult some of our views in the following article.

Reason for cooling food?

Most people agreed that food should be cooled before being put into the refrigerator for preservation, because:

1. Hot food when put into the refrigerator will radiate heat, causing the temperature inside the cabinet to increase, the refrigerator must immediately start the motor to quickly bring the temperature in the cabinet to the set temperature, this can causing power loss, reducing the life of the refrigerator.
2. The cooling process of a hot food in the refrigerator can be prolonged, causing the temperature inside the cabinet to be always higher than the heat required for cold storage, and other foods stored in the cabinet may be degraded. due to not being cold enough. The effect of this is the same as when you open the refrigerator too long, leading to a loss of heat, the food may be damaged. If that hot dish causes the temperature in the cabinet to rise to 4.5 degrees Celsius, the bacteria start to multiply and your food is no longer safe to eat.



If your family is planning to buy refrigerators for your family, you can consult some samples sold at META.vn from many brands:

If hot food is put in the refrigerator?

Some medical experts say that it is not necessary to completely cool food, before storing it in the refrigerator. Food can be kept hot for 2-3 minutes and then put in the refrigerator.

The process of leaving food outside to wait for cold may prolong and cause bacteria to proliferate. The temperature outside the environment is always higher than the temperature inside the refrigerator, so food outside for many hours will produce bacteria. According to Shelley Feist, Partnership for Food Safety Education expert, food must not be left outside for more than 2 hours, and if food is left outside in the dangerous temperature range of 5-60 degrees C then the bacteria will multiply very quickly. Many housewives often "forget" food for many hours because of the psychology to wait for the food to cool before leaving the refrigerator, which can make food unsafe.



Refrigerators are designed to keep food cold, so let it cool and protect your food. Refrigerators help cool food faster and therefore it will protect food better.

Opinion of the production expert

Refrigerator manufacturers are those who understand the operation mechanism of the product. Each air conditioner has its own unique characteristics, so there are conflicting views.

Follow the Toshiba fridge label, so let the food cool down and seal it and put it in the refrigerator, do not put food that has just been boiled into the cabinet, nor let the food cool before putting it in the cabinet, this way does not make it The refrigerator must run too "intensified" and the food is not cool enough for bacteria to proliferate.

As for Panasonic refrigerator manufacturer, it is the exact opposite. Do not leave warm / hot food inside the refrigerator. In some cases, the heat from food can temporarily increase the temperature in the storage compartment, resulting in unexpected food storage efficiency, unnecessary energy consumption. Food can

transfer heat through containers such as compartments, boxes, and pots that lead to deformation of the tray in the cabinet. In addition, hot food contained in plastic materials may not guarantee the quality of that food, even causing chemical reactions that are not conducive to consumer health. You can consult how to preserve the following foods:

Ngăn lạnh và ngăn đông

Ngăn lạnh không lạnh (và ngăn đông không đông).	<ul style="list-style-type: none">• Tủ lạnh có điện không?
Ngăn lạnh không lạnh (và ngăn đông không đông) như ý muốn.	<ul style="list-style-type: none">• Nhiệt độ có đặt cao quá không?• Tủ lạnh có tiếp xúc với ánh sáng mặt trời hoặc được đặt ở gần thiết bị sưởi không?• Xung quanh tủ lạnh có đủ khoảng trống không?• Thực phẩm có được xếp quá gần nhau hay nhiệt độ phòng quá cao không?• Cửa có mở và đóng thường xuyên không? Cửa đã được đóng hoàn toàn chưa?• Tủ lạnh có được cài đặt về Chế độ tắt ngăn lạnh hay không?• Khi thức ăn ấm được đặt vào trong tủ lạnh, nhiệt độ sẽ tạm thời tăng lên.• Trong mùa lạnh hoặc khi nhiệt độ phòng thấp, sẽ có cảm giác như tủ lạnh không lạnh.

However, neither manufacturer offers any experiments involving putting food in cabinets, or related scientific studies.

What should users do?

From the opinions of medical practitioners and manufacturers, it is best to:

1. Allow food to heat and cool for 10-15 minutes
2. Put the food in a sealed container with a lid, if possible, use a glass container, if the amount of food is high, divide it into a few small boxes, which will help the refrigerator cool faster.
3. Do not put hot food in the refrigerator, and always keep food covered before leaving the refrigerator, to avoid the heat coming out of the cabinet and damage the cabinet and damage other food, cross-contamination of bacteria from real other products.



Refer to the following articles:

1. Do not store these foods in the refrigerator

1. 10 types of foods that help increase muscle mass for men

1. When your body gets serious calcium deficiency

Wish you and your family healthy!

You finished reading the article "**Let food cool before putting it in the refrigerator, so should it or should it not?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.