



# HOW TO CHECK THE TEMPERATURE OF YOUR FRIDGE

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An answer to the age-old question:

**"Is up cold or down cold on the fridge dial?"**

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For modern fridges, the number on the dial or screen usually relates to temperature. If you see °C, that's your clue. In this case, down is cold. The fridge should be 1-4 °C.



If there is no symbol for temperature (°C), the dial probably relates to power setting. If this is the case, the higher the number, the colder your fridge (so up is cold).



To be sure, place a glass of water in the fridge for a few hours and use a thermometer to measure the water temperature. Try this twice, once at a high setting and again on a low setting.