

Fridge cleaning checklist

Prepare cold storage first. Follow your appliance manual throughout.

Date: _____ Fridge model: _____

1 / Get ready

- ☐ Read the manual: power, removable parts and approved cleaning method.
- ☐ Prepare cold storage and a thermometer before removing chilled food.
- ☐ Clear and clean the sink and bench; gather clean cloths and mild detergent.

2 / Empty and clean

- ☐ Check food labels and dates; note items to replace below.
- ☐ Photograph shelf positions; remove only parts designed to come out.
- ☐ Avoid thermal shock: let cold glass reach room temperature first.
- ☐ Clean shelves, drawers, interior and seals; remove residue and dry.
- ☐ Inspect seals and shelves for damage; record any repair needed.

3 / Reset and finish

- ☐ Reassemble, restore power as directed and check the fridge temperature.
- ☐ Keep chilled food cold; return it only when safe storage is restored.
- ☐ Place sealed raw meat below ready-to-eat food; keep air vents clear.
- ☐ Clean the sink and bench again; put used cloths into the wash.

Temperature record (degrees Celsius)

Before cleaning: _____ After recovery: _____ Time checked: _____

NSW Food Authority advises keeping home fridges below 5 degrees Celsius.

Replace / use soon (check labels):

Repair or follow-up: _____

Next check: _____ Responsible person: _____

A cleaning record does not prove food is safe. Check time and temperature history.

Guide and sources: housekept.com.au/blog/how-to-clean-fridge-safely