

Fridge Freezing Food Troubleshooting Checklist

Max Appliance Repair Hamilton - Homeowner Guide 2026

Free Checks to Try First

1 Raise the setting

Aim for about 3 to 4 degrees Celsius in the fridge.

2 Measure it overnight

A glass of water and a thermometer tells you the real temperature.

3 Move food off the vents

Keep greens and drinks away from the rear and top vents.

4 Balance the load

Add water jugs to a sparse fridge to steady the temperature.

When to Call a Technician

1 Freezes at a normal setting

A faulty thermistor or sensor is likely.

2 Fridge runs very cold

A stuck air damper may be flooding it with freezer air.

3 Cold all over, long cycles

A failing control board needs a professional.

4 Never open the sealed system

Refrigerant and wiring work is for a licensed pro.

Questions? Visit maxappliancerepairhamilton.ca to get in touch.