Living Without A Fridge in Modern Times

What? No refrigerator? Yes, I do not have a fridge. No, I do not live at the North Pole. Here’s my story. While at my former residence, I defrosted the fridge—with a chisel. Not recommended—Do not try that at home! So of course, gases escaped rendering the fridge useless. I was due to move in a few months and the landlord was going to refurbish anyway, so I just got used to not having a fridge. When I did move, just outside of London, into an unfurnished flat, I didn’t bother getting a new one.

First off, I am a single male, so I am a bit of a self-confessed heathen when it comes to cooking gourmet meals. I eat properly, so don’t tease me. I just do not need a fridge stocked full of food that would only go to waste. This is not about having a non-environmentally-friendly electrical unit, but about cost and practicality. I have extra room in my kitchen, no maintenance problems and I save money and energy. I can afford the luxury of not having a fridge.

I had previously switched my diet months before the defrosting incident, cutting out most dairy products. I drink Soya milk as a preference and yes there are good tasting ones, and it is not around for long enough to need refrigerating. I don’t eat bread, toast or sandwiches; at least not at home. I buy my vegetables fresh and meat when I need it, so don’t have frozen peas, carrots or left-over scraps. I don’t have frozen ready-meals or useless condiment packages, like congealed mayonnaise. If I need ice cream or frozen dessert I can get it on the day before dinner. I do not drink alcohol at home, so there is no need for beer and wine cold storage or ice for mixers.

I do get eggs, though my kitchen is the coolest room in the house and they can be stored away from the sunlight and heat sources. My fruit prefers the fruit bowl and any other food is comfortable in the cupboard. So, no need for an extra expense that isn’t used. It’s been more than a year now and to tell the truth I hardly miss it.

In fact this seems to be a trend in my life. I do not drive, so have no car. I have no microwave, no MP3/iPod, washing machine and only recently did I receive a digital camera as a gift. I am not a technophobe or some environmentally conscious hang-wringer. I just find that there are things in life that are not really needed. Conversely, I could not live without my TV and find people weird who do not watch TV or even more frightening, people who do not read a book. So there are many needs we think we want, but many wants we do not need. So may my lack of a fridge not cause concern for my well-being. I hope it inspires others to think about the things they can really live without. It was done in the past; it can be done now. Chill.