470 kWh

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Basically, you are looking to convert watts to kilowatts (here is this watts to kWh ...

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Is your refrigerator running? Before you go out and catch it, let"s take a moment to examine just how much power a refrigerator uses while it"s running all day long.

The refrigerator is one of the biggest energy-consuming appliances in the average home, according to the U.S. Energy Information Administration. Space heating typically consumes the most energy, followed by water heating, air conditioning and lighting, but refrigeration accounts for an average of between three and five percent of a home"s overall energy use.

The energy consumption of refrigerators can vary quite a bit from one model to the next, but one of the most significant factors in refrigerator energy efficiency is the age of the appliance. All refrigerators lose a little efficiency over time, and newer refrigerators are designed to operate much more efficiently than older models.

So what does this mean for your refrigerator, or for the next refrigerator you buy? Let"s take a look at how you can do your own calculations.

The average refrigerator wattage for most residential refrigerator/freezer combos is between 300 and 800 watts of electricity, according to Energy Sage, an energy information portal funded by the Department of Energy. But the stated wattage of a refrigerator can be somewhat misleading, because refrigerators use different amounts of electricity depending on what they"re doing. When a refrigerator initially cycles on, it briefly uses a large surge of electricity - but once it cycles off to merely maintain the desired temperature, it uses much less. Energy Sage recommends dividing a refrigerator"s stated wattage by 3 to get an estimate of its "running wattage."

So if you have a refrigerator with a stated wattage of 600 watts, its running wattage may be closer to 200 watts. To estimate how much it will cost to run this refrigerator, you must first convert the running wattage to kilowatts (1,000 watts):

Electricity is measured on your utility bill in kilowatt hours (kWh), which is a measurement of wattage over time. The refrigerator in this example runs at .2 kW, which means running it for one hour will consume .2 kWh. To estimate how many kWh it will consume in one day, simply multiply this rate by 24:

These totals can then be multiplied by your electrical utility"s kWh rate to estimate the refrigerator"s running

cost. Let"s say your electricity rate is 12 cents per kWh. The cost estimates for this refrigerator would be:

You can perform these same calculations on freezers and mini fridges as well.

How many watts does a freezer use? Chest freezers that meet the high efficiency standards of the ENERGY STAR program consume about 215 kWh per year, and upright freezers that meet this standard consume around 395 kWh per year.

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