



# Freezer Challenge

## WHAT IS THE FREEZER CHALLENGE?

The Freezer Challenge empowers laboratories to adopt smarter, more sustainable cold storage practices. By optimizing storage methods and reducing energy consumption, the program helps labs minimize their environmental impact and save costs, while improving the efficiency of scientific work.

## WHAT SHOULD I KNOW BEFORE I SIGN UP?

**WHO:** All laboratories from all sectors that have cold storage.

**WHEN:** The program kicks off in early January and runs through July 1, 2026. Participants can include actions taken anytime between July 2025 and July 1, 2026, making it easy to get a head start!

**REGISTER:** [freezerchallenge.mygreenlab.org](https://freezerchallenge.mygreenlab.org)

**COST:** It's free upon online registration.

**AWARDS:** Winners receive plaques or certificates and get acknowledged in an online publication. They also get recognized at the I<sup>2</sup>SL Conference.

**QUESTIONS?** Contact [freezerchallenge@mygreenlab.org](mailto:freezerchallenge@mygreenlab.org)

## WHY PARTICIPATE?

The Freezer Challenge benefits your research *and* the planet. Participants in the 2025 Freezer Challenge saved a combined 31.6 million kWh/year because of their actions—equal to avoiding 21,214 metric tons of CO<sub>2</sub> emissions. Participating helps drive meaningful change while advancing sustainable practices in your lab.

## FOCUS AREAS



Preventative Maintenance



Temperature Tuning



Retirements and Upgrades



Cutting Edge Practices



Materials Management

Rise to the Challenge!

[freezerchallenge.mygreenlab.org](https://freezerchallenge.mygreenlab.org)



Freezer Challenge is a partnership between:



my green lab.