# Understanding the Power and Perils of Modern Refrigeration

written by Dr. Ronald Hoffman | December 10, 2024

The Impact of Refrigeration on Food, Health, and the Planet: Nicola Twilley, author of “Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves,” details the historical development of refrigeration, its profound impact on food preservation, diets, and urbanization. The conversation also covers the technological and environmental challenges posed by refrigeration, alternative food preservation methods, and the consequences for small farmers and the global food system. Nicola also shares insights into the health implications of refrigeration and the innovative solutions being explored to reduce its environmental footprint.