



# Saving energy in the kitchen

Your kitchen is where you use a lot of energy as you cook, wash up, make tea and put leftovers into the fridge or freezer. The kitchen is a key area of the home when it comes to energy wastage, with a huge amount of energy to be saved when cooking, if you know where energy is most likely to be wasted.

Here are some tips for smart savings:

## **Boil water in the kettle for cooking**

It's quicker and uses less energy than heating up a full pan on the stove – so you'll have dinner on the table sooner.

## **Cook with a moderate flame**

You just need it to be big enough to heat the base of the pan. If it's licking up the sides, you're wasting gas and money.

## **Keep your oven closed**

Opening the door when food's cooking lets heat out and uses more energy. It slows down cooking too – so use the window to see how your food is doing.

## **Switch your oven off early**

Most dishes will keep cooking a little longer while the oven temperature slowly cools, thanks to good thermal insulation.

## **Defrost your fridge and freezer**

We all know we should do it regularly to keep ice under control. That way everything stays efficient. But it's still easy to put it off.

## **Upgrade your old fridge-freezer**

This tip's more expensive upfront. But an A+++ rated model can save around £190 in energy over its lifetime compared to an A+.

## **Use a microwave**

Heat up food in the microwave as often as possible – it's generally the most efficient way to heat up and cook food because its relatively small size means that a stronger level of heat can be focused on whatever's being cooked.

## **Be water-conscious**

When you're boiling food in a pan, make sure you only use the amount of water needed to cover the amount of food you're cooking, because boiling water you don't need can waste a lot of energy.



### **Take it slow**

To save energy (and lessen the need to cook when you get home after work), try using a slow cooker to cook throughout the day – they only use about as much energy as a light bulb.

### **Leave enough defrosting time**

Defrost frozen food in the fridge overnight or while you're at work. Defrosting food in advance typically halves the cooking time and also means that you don't need to use the energy of a microwave to defrost more quickly.

### **Don't go for metal trays in the oven**

Use glass or ceramic dishes in the oven wherever possible because they retain heat better than their metal counterparts, making them the most energy-efficient option.

### **Get the fans out**

Invest in a fan-assisted or convection oven, which circulates heat throughout the oven. This means the heat doesn't have to be as high as it would in a normal oven.

### **Use the right size pan**

Always use a pan which is the right size for the amount of food you are cooking – this means you won't waste energy while heating a bigger surface area than you need.

### **Use the right size hob**

When you've selected your pan, make sure you use the right size hob for it. A bigger burner will waste energy and a pan that's too big will take longer to get to the right temperature.

### **Keep heating rings clean**

Similarly, make sure you keep your heating rings as clean as possible – any food that sticks to the ring will absorb heat, which will make it less efficient.

### **Use the right ring for the right thing**

If you're going to use the oven, cook a few meals at a time to get the most out of having your oven on and hot, especially if lunch-prepping for the week ahead is your kind of thing.