



# KITCHEN ENERGY-SAVING TIPS

## COOKING TIPS



- Choose a pan size that is the same or bigger than the burner to not waste energy
- Use the exhaust fan when cooking or boiling water to vent moisture
- Choose smaller appliances like a Crockpot or microwave rather than your oven when possible, especially during summer months
- Keep lids on pots while cooking to conserve heat and cook your food faster

## NO DISHWASHER?



- Scrape food scraps off dishes when done eating with a utensil or napkin rather than using water
- Wash the smallest items first and plug the sink drain to collect excess water
- Use the rinse water collected in a basin to wash larger items like pots and pans
- Don't leave the water running the whole time

## KEEP IT COOL



- Keep the top of your refrigerator clear of clutter
- Give contents inside some space, try to avoid stacking or clutter
- Set fridge temperature to 35-40° F
- Say no to leaky seals – if you can easily pull out a piece of paper wedged in your closed fridge door, the seals need to be replaced. Contact maintenance for assistance

## HAVE A DISHWASHER?



- Use it! Dishwashers use less water than hand washing
- Scrape food off dishes before loading – don't pre-rinse
- Only start the dishwasher when it is fully loaded and use the water-saving setting when available
- Choose the energy-saver drying option on your dishwasher or let dishes air dry



This project is in collaboration with Energy Trust of Oregon's Strategic Energy Management Program. Learn more at [www.energytrust.org/commercialSEM](http://www.energytrust.org/commercialSEM).

