

COOKING & APPLIANCES

How to save energy and resources

BEST PRACTICE TIPS

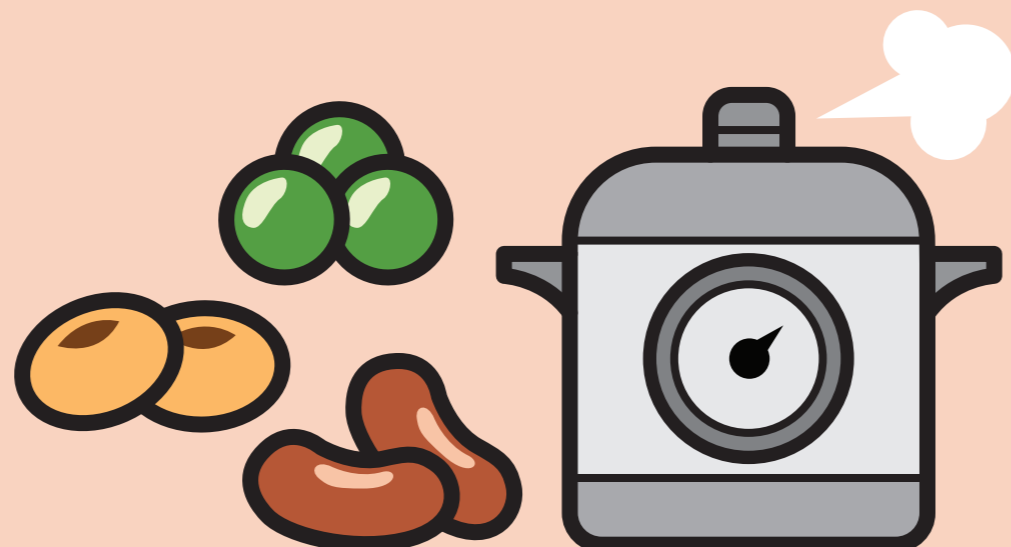


DO's

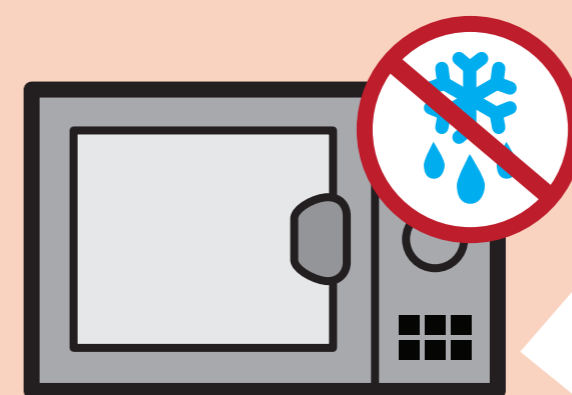


Cook just in time for serving - keeping food warm uses extra energy.

Use a pressure cooker for foods that take a long time to cook such as lentils and dried beans.

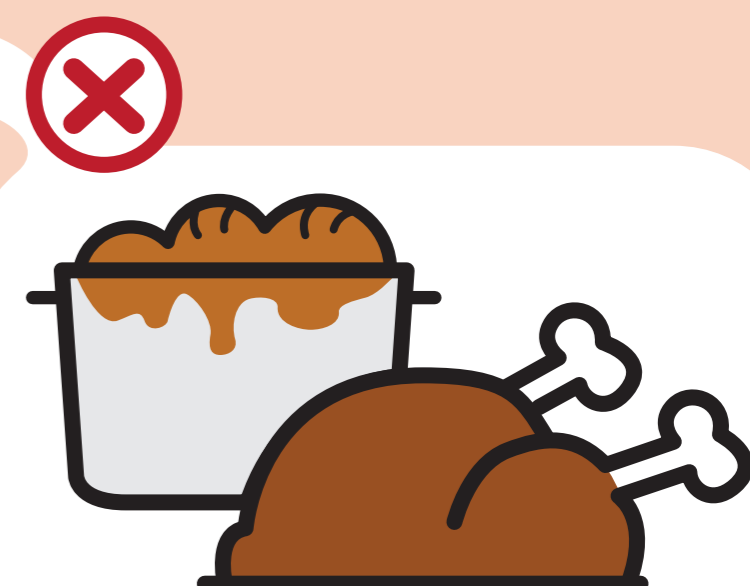


DON'Ts



Avoid defrosting food by micro-wave, defrost in the refrigerator instead.

Don't use the microwave for cooking large portions.



Turn stove top off a few minutes before food is ready.

Turn stove top down as soon as the water is boiling.

Don't cover oven racks with foil.

Avoid opening the oven door during baking to prevent the loss of heat.

Don't use the oven as a room heater.

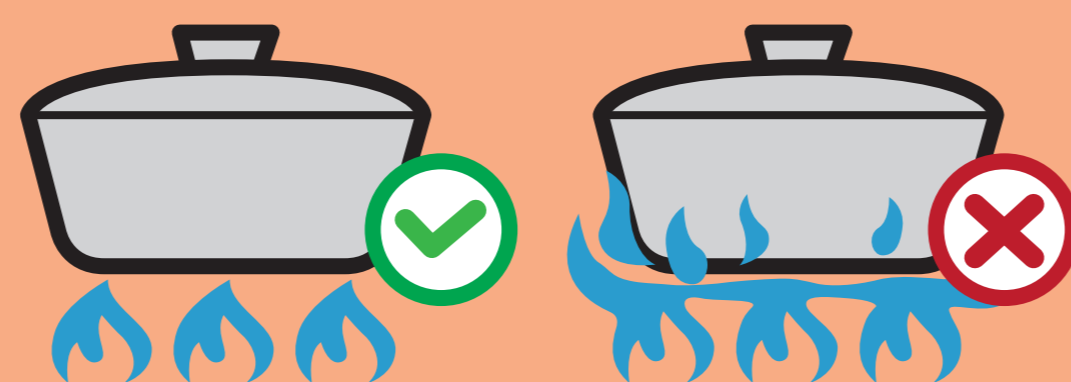
Cover the pot with a lid whenever it is possible.

Choose a pot that is the same size as the cooking plate.

Don't preheat the oven, in general it is not necessary.

Choose the minimum time and temperature for cooking.

Use the most efficient appliance in your kitchen to do the job.



Make sure the flame touches the bottom of the pot or pan, not going beyond the edge.



Be sure the flame is a bright blue color, not yellow, for a clean and efficient burn.

Keep metal plates under burners clean to improve heat reflection.



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