

Save Energy in the Kitchen during Summer Months

Summer months are always a great time for backyard grilling, however there are still plenty of meals prepared in the kitchen, using the cookstove. But even when cooking hot meals indoors, there are some energy efficiency steps we should consider that will help reduce our summertime electricity usage.

- **Keep the oven door closed.** Did you know that every time you open the oven door to check on that casserole, the oven temperature can drop 25 degrees? Avoid wasting energy this way and instead rely on your oven timer or light to help you gauge when the dish is done.
- **Use a meat thermometer.** Invest in a meat thermometer for roasting meat. These are oven-proof, and usually include a digital meter that tells you what temperature your meat should be when it's done. This will reduce the need to open the oven door while cooking.
- **Clean the door seal.** Use a kitchen degreaser and gently clean the seal on your oven door so that it retains the maximum amount of heat.
- **Cover your food.** Your refrigerator's compressor works harder to cool moist air, and covered foods limit moisture evaporation. Of course, your refrigerator will smell better too.
- **Clean the coils.** Make it an annual thing: clean or dust the coils on the back of your refrigerator. This helps the compressor cool faster and run less frequently, reducing energy use and extending the life of the unit.
- **Use other appliances such as your microwave, toaster and convection ovens, air fryers, slow cookers, pressure cookers or your other small cooking appliances.** They use less energy and generate less heat than a standard oven.
- **Use ceiling fans and whole-house fans.** A ceiling fan in the kitchen or adjoining dining area will circulate the air and keep you more comfortable. Meanwhile, a whole-house or attic fan will keep the warm air moving up and out of the house.
- **Use energy-efficient lighting.** Replace your incandescent bulbs, recessed downlights and undercabinet lighting with LED lighting in your kitchen. LEDs use far less energy and generate less heat.

**KNOWLEDGE IS
POWER**

