



Energy Saving Kitchen Tips

REFRIGERATOR

Replacing your older refrigerator with an ENERGY STAR® qualified model can save you \$45-\$65 per year. If your current refrigerator was made before 1993, it uses twice as much energy as today's ENERGY STAR qualified models. Consider recycling your older overflow refrigerator; it can cost you \$90 or more per year to operate.

STOVE TOP RANGE

Using the correct-sized pot on electric range stove burners can save about \$36 annually. A 6-inch pot on an 8-inch burner wastes more than 40% of the burner's heat. Covering your pots and pans can also help you cook more efficiently. Your kitchen will stay cooler and more heat will stay in the pots.

RANGE HOOD

ENERGY STAR qualified range hoods (lighting models) use 65% less energy than standard range hoods. This can save you \$120 in electricity costs over the life of the fan. ENERGY STAR qualified kitchen range hoods also help you control moisture and remove cooking odors, and they are much quieter than standard models.

LIGHT FIXTURES

Installing ENERGY STAR qualified light fixtures or replacing standard light bulbs with compact fluorescent light bulbs (CFLs) can save you energy and money. ENERGY STAR qualified lighting fixtures are available in popular styles – such as cabinet-mounted, ceiling-mounted and recessed can models – that may be just right for your kitchen.

DISHWASHER

If you replace your dishwasher, choose an ENERGY STAR qualified model and you can save over \$25 a year in energy costs. Most dishwashers today can thoroughly clean dishes that have had food scraped, rather than rinsed off, so you can save water by scraping dishes instead of rinsing them before loading. Also, always run your dishwasher with a full load.

MICROWAVE

You can reduce cooking energy by as much as 80% when using your microwave wisely. Using your microwave or toaster oven to reheat or cook small portions can help you save on summer air conditioning costs, since less heat is generated when compared to your stove or oven.