

## KPU Electric Division Conservation Tip #13

# Ten Cooking Tips to Save You Money!!!

Follow these suggestions whenever possible to keep energy use to a minimum.

1. Cover pans while cooking to prevent heat loss.
2. Make sure your pan covers the coil of your range.
3. Try one-pot cooking. Soups and Stews save energy!
4. Turn off the oven or burner just before your food is cooked completely and allow the heat in the pot or pan to continue the cooking process for you.
5. The less liquid and fat you use, the quicker the cooking time.
6. Always make more food than you plan to use and freeze it for your own "fast food."
7. Leftovers take less energy to reheat on top of the stove rather than in the oven.
8. If you have one, use a pressure cooker. It really saves on energy.
9. For warming small amounts of food a microwave oven can save a third of the power of a conventional electric stove.
10. Plan ahead and let frozen foods thaw in the refrigerator. You'll not only save heating energy, you'll also reduce the load on your refrigerator motor.

