



SAVE ENERGY IN THE KITCHEN

THE KITCHEN IS THE HEART OF YOUR HOME, but it doesn't have to drive up your energy use. Here are some simple ways to save energy in your kitchen.

LOOK OUT FOR THE ENERGY STAR SYMBOL

Upgrading old appliances? Look out for the ENERGY STAR symbol.



DISHWASHERS

12% less energy*



REFRIGERATORS

10% less energy*



FREEZERS

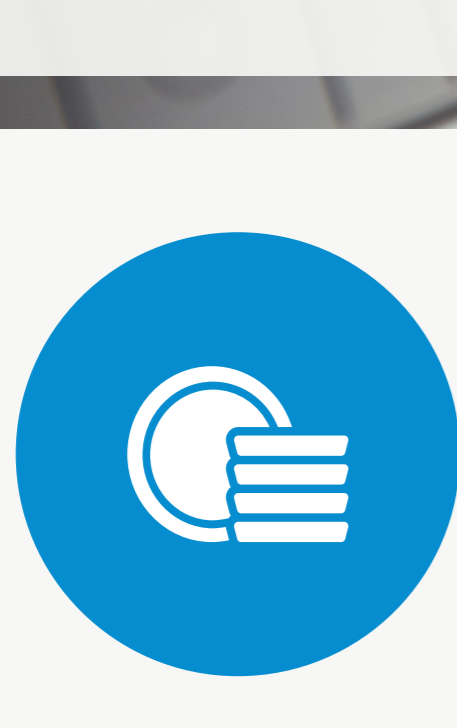
10% less energy*

*Compared to standard models.



TIP: Appliances with the ENERGY STAR Most Efficient label are the best of the best. Look out for the EnerGuide label too. It will tell you how much energy a model uses compared to similar ones.

CLEAN SMART



RUN FULL LOADS.

Running a full load lets you save time and use your dishwasher more efficiently. So, go all in, even with bigger items like pots and pans – and don't feel guilty about it!



SKIP THE SINK.

Don't pre-rinse dishes or hand wash items unless they aren't safe to go into the dishwasher – it just wastes water. Newer dishwashers can handle the dirt.



USE THE RIGHT SETTINGS.

Try the no-heat air dry setting or energy-saving cycle to save even more energy.



DID YOU KNOW? Along with saving energy, dishwashers save a lot of water. Compared to hand washing, ENERGY STAR certified dishwashers can save 26,400 litres of water in a year. That's 87 bathtubs full of water!

COOK SMART

Delicious food doesn't have to use more energy to prepare.



RIGHT-SIZE YOUR COOKWARE.

Match your pot to the right-sized element and use lids to cook food more efficiently. For baking, try glass or ceramic dishes instead of metal. They distribute heat more evenly to bake more efficiently.



BATCH BAKE OR SKIP THE OVEN.

Baking in larger batches can help you save energy, since you're only heating up the oven once. Try no-bake recipes too, for delicious treats without the heat.



SMALL MEALS? TRY SMALL APPLIANCES.

Using a microwave, plug-in pressure cooker or slow cooker can use less energy than a stovetop or oven, so don't let those smaller appliances collect dust.



TIP: Cool smart and don't overcrowd. Set your fridge between 1.7° and 3.3°C and freezer at -18°C for maximum efficiency and food safety. Keeping your fridge less than 2/3 full also helps it run most efficiently.

MORE WAYS TO SAVE

REMEMBER THESE EXTRA TIPS FOR EVEN BIGGER SAVINGS.



CLEAN THOSE COILS.

Dusty refrigerator coils retain more heat, so clean them regularly for a more efficient fridge.



UNPLUG BEFORE YOU UNWIND.

Make unplugging small appliances, like your microwave or coffeemaker, part of your clean-up routine. This will help you avoid phantom power driving up your energy use.



BRIGHTEN UP.

Upgrade your kitchen lighting to LED bulbs, which save energy and last longer. Look for ENERGY STAR-certified LEDs when you shop.

SAVE ENERGY ALL AROUND YOUR HOME. GET MORE TIPS AT SAVEONENERGY.CA/TIPS