

# Energy Fit Kitchens Project

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- The Energy Fit Kitchens Project is brought to you by local charity Community Energy Plus. We have been working for over 15 years to help Cornish householders enjoy warmer, more energy efficient homes, and to access the benefits of renewable energy.
- This project is working to reduce energy use, particularly in the kitchen. Using a slow cooker is a great way to do this!
- Saving energy will save you money – we will explain how!

A close-up photograph of a hand holding a single silver coin between the thumb and index finger. Below the hand is a tall, neat stack of many similar silver coins. The background is plain white.

# Use your kitchen efficiently

Many appliances in the kitchen use a lot of electricity

## **Microwaves vs Cooker**

Using a microwave to reheat food is usually much more efficient than using a hob or oven.

## **Slow Cookers**

Cooking using a 'slow and low' method is a great way of making delicious meals from inexpensive ingredients.

## **Dishwashers**

Never use unless full. Run your dishwasher on its energy-save or eco program. On average, energy-save programs use about 20% less energy than the main program will. If you're on an Economy 7 tariff, using your machine first thing within your economy 7 hours will knock some money off your electricity bill.

# Recipes for a low carbon diet.....



Use only as much water as you need each time you boil the kettle.

Use the right size of pan for the job and the appropriate size hob. Cover pans with lids to speed up cooking, save energy and reduce condensation in your home.

Make the most of the space in your oven by cooking larger batches of food then freezing spare portions – creating homemade ready meals.

Defrost frozen food overnight in your fridge instead of microwaving it.

Defrosting your freezer regularly will help it run more efficiently – you may even find food that you'd forgotten about!



## Use the power of your finger

Whenever you are not using appliances like televisions, turn them off fully – standby still uses power!

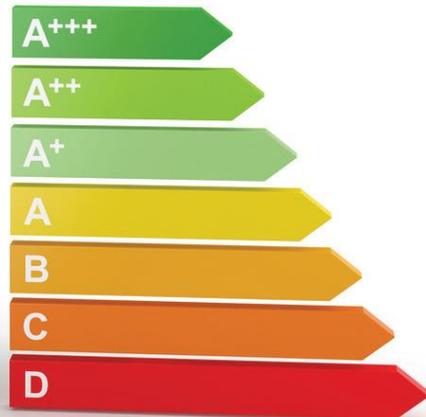
Be energy-wise when charging– devices like laptops and mobile phones that are plugged in use almost as much energy whether charging or not.

Don't forget to turn off the lights when you leave a room.



## Look for the A+ rating

If you're looking to replace a broken or old and inefficient appliance, try to buy the most efficient product you can (an A+++ rating is the best). They may be a little more expensive but you will save money in the long run.



## Laundry tips

You could be spending up to £130 a year keeping your clothes clean, not including detergents!

### Washing clothes

Have a go at using a timer to set your washing machine to go early in the morning so it's ready to hang out when you get up.



**Washing your clothes at 30° instead of higher temperatures uses around 40% less electricity.**

# Drying clothes

- During warmer weather save money by avoiding the tumble drier
  - line drying is a great way to save energy while enjoying fresh smelling laundry!
- Don't use your tumble dryer for longer than needed and make sure the filters are fluff-free!





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Community Energy Plus's Energy Fit Kitchen project is funded  
by The Scottish Power Energy People Trust



The ScottishPower  
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