

Saving Energy in the Kitchen



COOKING

- Use lids. They help to cook food quicker by keeping steam in the pot or pan.
- Don't peek. You lose heat every time you open the oven.
- Don't put foil on oven shelves—it blocks the heat.



WASHING DISHES

- Wash only full loads in the dishwasher. It costs exactly the same to wash one dish as a whole load.
- If the dishwasher has an air-dry feature, use it.
- Use energy-saving cycles whenever possible.



REFRIGERATOR

- Check the temperature. Your fridge should be between 36°F and 39°F. The freezer should be between 0°F and 5°F. If it is colder you are wasting money, if it's warmer your food may spoil.
- Decide what you want from the refrigerator before you open the door.
- Buying a new refrigerator? Get an ENERGY STAR® certified model.

Measurements

Dash = 1/8 tsp

3 tsp = 1 tbsp

2 tbsp = 1 ounce

4 tbsp = 1/4 cup

8 tbsp = 1/2 cup

16 tbsp = 1 cup

2 cups = 1 pint

4 cups = 1 quart

2 pints = 1 quart

4 quarts = 1 gallon

1 gallon = 16 cups

1 gallon = 8 pints

1 cup = 8 ounces

1 pound = 16 ounces

mince

dice

chop