



How to... **save energy and money** in the **kitchen**

EASTSIDE COMMUNITY TRUST



Save energy and money in the kitchen

The average household spends around 20% of their energy bill in the kitchen heating and cooling food and washing up after meals. With energy costs rising, small changes to use energy more efficiently in your kitchen can add up to big savings over time.

How will it help?

Planning ahead, using the right appliance for the job and making sure everything runs as efficiently as possible can help you use less energy, which means lower gas and electric bills. Some of these actions can also help avoid unhealthy damp and mould at home by keeping extra moisture out of the air.

Make a plan

Planning out your meals a day or two in advance can help you save energy, time and money in the kitchen. Here are some things you can do if you plan ahead:

- Leave a meal to cook on low heat in the **slow cooker** for several hours during the day.
- If you're using the **oven** for tonight's dinner, cook something for tomorrow at the same time then reheat in the **microwave** or on the hob.
- Defrost frozen meals in the **fridge** overnight so they are quicker to reheat the next day.



Get the most out of your appliances

Check the manuals for your appliances to learn how to make them run as efficiently as possible and last longer.

- What is the best way to clean and maintain the appliance?
- Is there an eco setting that takes less energy and water to run?
- How do the temperature settings work?

Schedule regular times for things like defrosting your freezer and cleaning surfaces and filters so everything is working its best. This will save you money on energy bills and costly repairs.

➤ If you don't have a paper copy of the manual, you can often find it online with a quick search.

Buying a fridge?

When buying a new appliance, it's a good idea to consider how much it will cost to run.

- **Size:** Larger appliances will use more energy and cost more to run even if they're more efficient, so avoid buying something bigger than you need.

- **Energy rating:** The colour-coded scale on the energy label will show a letter rating. "A" is the most energy efficient, meaning it can do the same job with less energy than lower rated appliances, and will cost less to run.

➤ Energy Saving Trust and Centre for Sustainable Energy have more information on their websites.

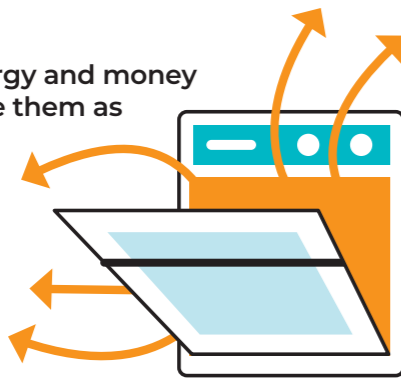


Your guide to saving energy and money in the kitchen.

Ovens

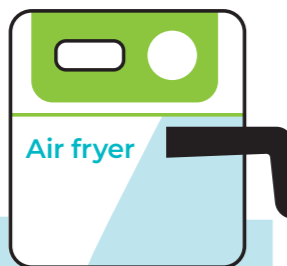
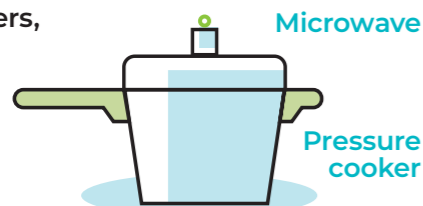
Ovens use a lot of energy and money to heat up so try to use them as efficiently as possible.

- Keep the oven door shut when cooking. Every time you open the door, you'll lose a quarter of the heat.
- Cook more than one thing at a time to make the most of the heat when your oven is on. If you batch cook your meals, you can refrigerate or freeze the leftovers for another day.



Consider alternatives to the oven for jobs like reheating leftovers or cooking smaller portions.

Microwaves, air fryers, pressure cookers and slow cookers all use less energy than ovens.



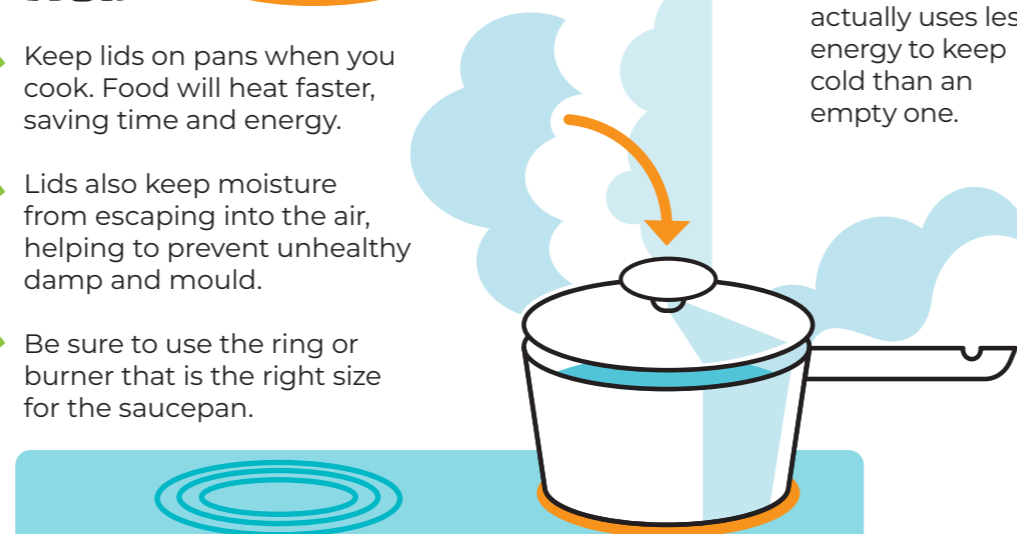
Kettle

- Only fill the kettle with as much water as you'll actually use.
- Heat water for cooking in the kettle first, then pour it into a pan. It's cheaper and takes less time than heating it on an electric hob.



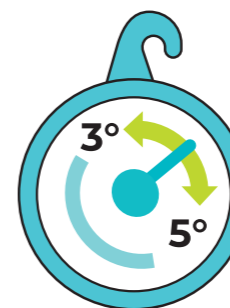
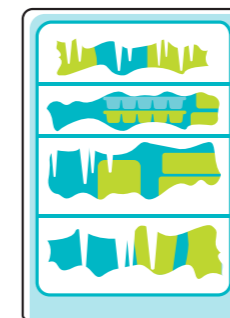
Hob

- Keep lids on pans when you cook. Food will heat faster, saving time and energy.
- Lids also keep moisture from escaping into the air, helping to prevent unhealthy damp and mould.
- Be sure to use the ring or burner that is the right size for the saucepan.



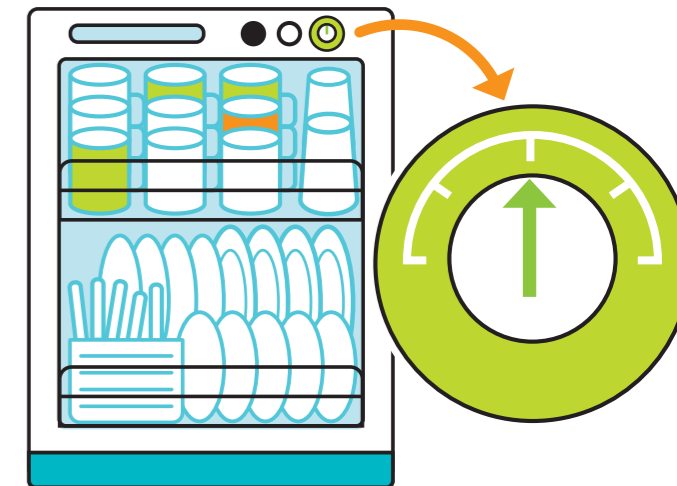
Fridge/freezer

- Defrost your freezer and fridge regularly so they don't have to work as hard.
- Make sure your fridge is set to the right temperature, normally between 3-5° C. Leave a cheap fridge thermometer in overnight to check if you're not sure.
- Let hot food cool before you put it in the fridge or freezer so it doesn't raise the temperature inside.
- Use your freezer. A full freezer actually uses less energy to keep cold than an empty one.

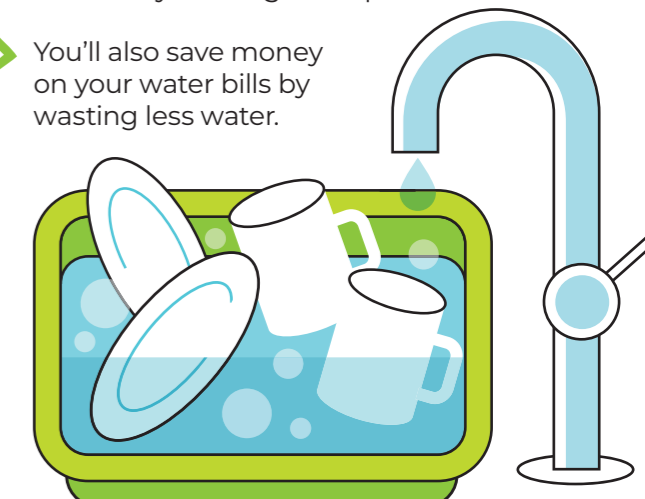


Washing up

- If you use a dishwasher, only run it when it's full and use the machine's eco settings when possible.



- If you hand wash your dishes, try washing up in a bowl instead of a large sink or constantly running the tap.
- You'll also save money on your water bills by wasting less water.



Happy People, Healthy Planet

The Community Climate Action Project is an ambitious citywide programme to demonstrate the important role of communities in achieving Bristol's climate and nature ambitions, whilst also improving people's quality of life.

As part of this project, Eastside Community Trust coproduced a Community Climate Action Plan with residents of Easton and Lawrence Hill to identify actions we can take locally that are good for both people and planet. We then developed the Eastside People Power project to put some of these priorities into action.



Bristol Climate &
Nature Partnership



Eastside People Power

Empowering our community to make sustainable changes in our homes and community buildings.

Eastside People Power is a community demonstrator project set up to tackle the challenge of making our homes and buildings comfortable, healthy and affordable to heat in the face of rising energy costs and colder temperatures.

Drawing on priorities from our Community Climate Action Plan, the project's aim is to develop the skills and knowledge our community needs to make changes in our homes and buildings so they use less energy and cost less to heat.



**Link to all our
mini guides, online
resources and
useful information.**

<https://bit.ly/EastsidePeoplePower>



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