

Save energy (and money) in the kitchen

Appliances might save you time in the kitchen, but they can be big energy hogs in your home. In her book "Big Green Cookbook," registered dietitian Jackie Newgent says "greening" your kitchen appliance use can reduce skyrocketing winter utility bills and your carbon footprint.

The refrigerator. It's the biggest energy glutton in most residential kitchens, Newgent says. Always minimize the time that fridge and freezer doors are open. Keep the fridge temperature between 34 and 40 degrees; the freezer should be at zero degrees. Any temperature that's lower will waste energy, and anything higher can spoil food.

The dishwasher. Save money by replacing a dishwasher that's older than 1994 with an energy-saving one. Scrape off your dishes before washing, and let clean dishes air-dry. Be sure to use eco-friendly dishwashing detergent that is both phosphate- and bleach-free.

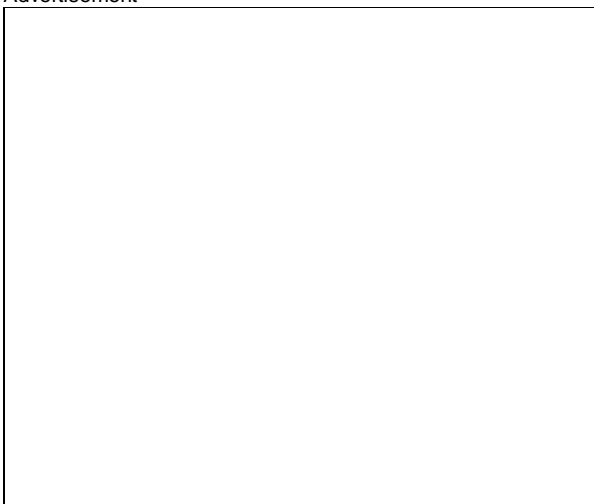
The toaster oven. It's not just for toast anymore. Using half the energy of conventional ovens, toaster ovens actually help you bake in a more eco-friendly way.

The microwave oven. Because microwaves cook faster, they're much more

energy-efficient than conventional ovens. They use more power per minute, but less cooking time is required. Look for microwaves that use higher wattages to cook full meals, not simply to reheat food.



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