

Energy-efficient kitchen tips to save power and money

Kitcheners Kitchens has compiled some simple energy-savings tips for people looking to cut their energy bills. For starters, consider replacing older refrigerators and dishwashers (eight to 10 years old), even the aging clothes washing machine, with new appliances. You could save almost \$100 per year in energy bills due to the fact that these three appliances combined account for a 43 per cent decrease in energy consumption since 2000.



Kitcheners Kitchens recommends a few other energy-savings tips around the kitchen

- * If you purchase a new refrigerator, recycle the old one rather than use it as the second refrigerator. Contact your local council to find about recycling options in your area.
- * Don't place the refrigerator near the wall oven or stove, or against a wall exposed to sun. Allow sufficient room for air to circulate around the unit.
- * Limit opening the refrigerator and freezer doors, as regular opening and closing turns on the light, as well as puts more strain on the refrigeration process.
- * Frost buildup should never exceed 6mm. Defrost regularly. Kitcheners recommends keeping the freezer as full as possible to prevent heavy icing.
- * Defrost your food in your fridge — it helps maintain low internal temperature.
- * Inspect your fridge and oven door seal regularly — worn-out or damaged seals cost you money.
- * Allow hot foods to cool before placing them in the refrigerator, and always cover foods that may release moisture in the refrigerator.
- * Utilise the dishwasher's "eco" option — this reduces water use.
- * Fix a dripping tap — you will save on the water as well as heating costs (if the dripping tap is hot water).
- * If using a small pan, use the smaller burner on your stove.
- * If you need to boil water on your stove, preheat in your kettle — it is far more energy efficient for this job than your stove.
- * Putting a lid on your pan will help bring water to the boil faster.
- * Microwave oven and electric frypans are 70 per cent more efficient than other conventional cooking methods.
- * Let your dishes air dry. If you don't have an automatic air-dry switch, turn off the control knob after the final rinse and prop the door open a little so the dishes dry faster.
- * Spills and burn spots on your cooktop lead to inefficient heating.
- * While baking and roasting, do not open the door to peek. It lets out lots of heat and makes your oven work extra hard.
- * For the most efficient use of energy, keep both the refrigerator and freezer full. Use space fillers such as bottles of water to keep your fridge full, and if you find that you need these fillers most of the time, consider purchasing a smaller fridge.
- * Place the faucet lever on the kitchen sink in the cold position when using small amounts of water. Placing the lever in the hot position uses energy to heat the water, even though it never reaches the faucet.
- * Replace your old faucet with an aerating, water-saving one.
- * In natural gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed. Consult the manufacturer or your local installer.
- * Check your fridge temperature — the recommended fridge temperature is 2°C to 5°C and freezer temperature is -18°C.