



Holiday Energy Saving Cooking Tips!

- Keep your refrigerator and freezer full during the Holidays. It's energy efficient, because the mass of cold items inside will help your refrigerator recover each time the door is opened.
- Let hot foods cool before placing them in the refrigerator, alleviating the need for your fridge to generate excess energy to maintain the set temperature.
- Don't place uncovered liquids in the refrigerators - use a lid or plastic wrap to cover the food. In addition to absorbing undesirable flavors, the liquids give off vapors that make the refrigerator work harder to stay cool.
- Cook with the lids on which saves energy by trapping heat to shorten cooking times.
- Match the pan size to the burner, which will capture and distribute heat more thoroughly.
- Don't pre-heat your oven for broiling or roasting. If pre-heating is necessary, limit it to 5-8 minutes.
- Don't open the oven door to take a peek at what's cooking inside. Instead, turn on the oven light and check the cooking status through the oven window. Opening the oven door lowers the temperature inside - by as much as 25 degrees - which increases cooking time and wastes energy.
- Foods with different cooking temperatures can often be cooked simultaneously at one temperature - variations of 25 degrees Fahrenheit in either direction still produce good results and save energy.
- Don't overlook the other cooking appliances during the holidays. Fast and efficient microwave ovens use around 50 percent less energy than conventional ovens, and they don't heat up your kitchen.

Happy Holidays from Cape Light Compact!