

18 Ways to Reduce Energy Costs in your Kitchen

Tips and tricks to make your kitchen more energy efficient

Your kitchen, home to most of your major appliances, accounts for a large portion of your household hydro expenses. Save time and money by implementing some of these energy-efficient habits that are good for the environment too.

1. Move your fridge away from the wall a little so air can circulate behind the unit to make it more energy efficient.
2. Allow food to cool before storing it in the fridge or freezer so your appliance doesn't have to work as hard to regulate the temperature.
3. Vacuuming the coils at the back of the fridge at least once a year will also help to improve efficiency.
4. Think about the ingredients you need before opening the fridge to minimize the loss of cold air.
5. Use ice trays—your automatic ice maker increases your fridge's energy use by [14-20%](#).
6. Cover foods and liquids that you place in the fridge. Uncovered items release moisture which makes your compressor work harder.
7. Keep your fridge and freezer well stocked and free of ice buildup. An ice buildup of more than a quarter inch means your fridge has to work harder.
8. Ensure your fridge is set to the right temperature. You should be running it at [2.7-4.4°C \(37-40°F\)](#) and about [-15°C \(4-5°F\)](#) for the freezer.
9. Use a timer to turn off your appliances when you are not home. Appliances on standby mode account for [10-15% of your hydro bill](#).
10. Using the oven? Plan to cook more than one dish at a time so you're baking cookies while roasting a chicken.
11. When you're done cooking, leave the oven door open so that the heat can warm your house while the oven cools down.
12. Use glass dishes in the oven whenever possible as they retain heat better than metal ones.
13. Match the size of the pot to the heating element, always use a lid and turn an electric stove off about five minutes before the dish is done cooking. Electric elements retain heat for a long time, so your dish will still be cooked to perfection.
14. Don't use the heated dry setting on your dishwasher and only run this appliance during off-peak energy times.
15. Switch out your light bulbs. The approximate lifespan of an LED is 23 years. It will cost you [\\$38](#) to run the bulb over this time while an incandescent will cost you [\\$201](#).
16. Replacing your old refrigerator with an Energy Star appliance will save you money. Use the [calculator here](#) to see how much.
17. Window coverings help to keep warm air in your kitchen at night. Save [13-14%](#) when utilizing blinds

and 15-17% with curtains.

18. Is your stove outdated? Switching to an Energy Star appliance will save you money in the long run, but opting for a gas stove will save you even more. Gas stoves cost about [\\$79 less](#) to run per year than electric ones.

Use the [Scotiabank Home Energy Savings Calculator](#) to see where your energy-efficient renovations will save you the most money.

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