



## Saving Energy in the Kitchen and Laundry

Kitchen and laundry chores are work, work, and more work. In addition to costing you time and effort, they also use a lot of energy. Here are some simple ways you can save—at least on your gas and electric bills.

- Make sure pans cover the whole burner on the stove. If you can see the coil or flame from the gas burner peeping out from the sides of your pan, you are losing energy and need a bigger pan.
- Cover pans while cooking to prevent heat loss. Turn off the stove burner a minute or two before you think the dish is done. The remaining heat will finish cooking the dish and you will save energy. That works in the oven as well.
- Try one pot cooking. Stews, soups and other great meals only take one burner or a crock-pot to cook.
- Make more food than you plan to use and freeze your own “fast food.” Reheating takes less energy than cooking. The microwave or the stove use less energy than the oven.
- Keep your refrigerator and freezer full. A full refrigerator will cost less to operate than an empty one. You can freeze containers of water if needed to fill an empty freezer. And keep the doors closed as much as possible! Put a list of the contents on the door so family members don’t stand in front of an open refrigerator searching for snacks and ingredients.
- Place your refrigerator away from the oven and dishwasher. They will heat the air near your refrigerator, causing it to run more to keep cool inside. If they must be next to each other, put insulation between them.
- Keep refrigerator coils clean and unobstructed, and vacuum them if needed. Clean around the motor only when the refrigerator is unplugged. A clean refrigerator uses less energy to run.
- Always run the dishwasher and clothes washer with full loads.
- Load the dishwasher right and it will run better. Place the dirtier dishes in the center, and larger items at the sides and back so they don’t block water.
- Rinsing isn’t necessary. Scrape large chunks of food and let the washer do the rest. You’ll save time and hot water.
- Both dishwashers and clothes washing machines run better, last longer and clean better with the right amount of detergent. Most people use more soap than they need, and literally pour money down the drain. Check the instructions for your washer and the label on the detergent you use, and use the right amount.
- Wash clothes in cold or warm water when possible. Save hot water washes for when you need to sanitize your clothes. Always reince in cold water.
- Run loads of laundry back to back when possible. You’ll only heat the dryer once, and that saves money.
- Take clothes out as soon as they are dry. If you fold or hang them up right away, you can save on ironing too.
- Keep your dryer’s lint filter and outdoor vent cover clean.
- The best way to save money drying clothes is to use a line or drying rack.

Contact us for more energy saving tips!  
717 Madison Avenue; Covington, KY 41011  
859 581-6607 or 800 783-6607  
[www.nkcac.org](http://www.nkcac.org)

