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Energy Conservation in the Home -



Extension Service
 University of Nebraska-Lincoln College of Agriculture Cooperating with the
 U. S. Department of Agriculture and the College of Home Economics
 E. F. Frolik, Dean J. L. Adams, Director

KITCHEN

Willie D. Ford
Extension Specialist (Food and Nutrition)

Energy conservation is easiest in the kitchen. For several hours a day the kitchen may be used frequently by only one or two people. Energy savings in the kitchen may appear small, but a lot of people saving a lot of activities makes for a tremendous savings.

Range and Appliances

Help yourself and the nation through efficient use of kitchen appliances and equipment. You save energy using the range if you:

1. Use tight-fitting lids on pans with straight sides and flat bottoms that fit the surface units.
2. Start cooking on high heat and then reduce the heat to the lowest possible setting for cooking. Turn off the heat just before the end of the cooking period.
3. Avoid using the range to heat the kitchen or to heat large quantities of water. Space heaters and water heaters are more efficient.
4. Check the color of the flame when using gas. A blue flame means efficient heat consumption; a yellow flame indicates poor consumption.
5. Reduce cooking time by using double boilers, pressure cookers and pan dividers to cook several foods at a time for a shorter period.

6. Install electronic igniters to eliminate the need for pilots.

7. Keep oven vents clean and open to allow even and efficient circulation of heat.

8. Open the oven door only when necessary during cooking.

9. Plan to use the oven for complete meals or several meals. Prepare foods in time of cooking sequence so that the same fuel cooks several dishes.

10. Place foods in the oven the moment the desired temperature is reached. Arrange racks and pans for even heating; center whatever you are baking and divide the oven in thirds by using two racks.

11. Place a piece of foil slightly larger than the pan on the next shelf to catch drips. This protects the oven and prevents reflection of some of the heat away from the pan.

12. Use a microwave oven. Regular ovens require more power for a longer period of time.

Refrigerators, Freezers

Refrigerators and home freezers are aids to meal planning that can reduce time and save energy in meal preparation if used wisely. Energy conservation is increased in using refrigerators and freezers if you:

1. Defrost the refrigerator when the ice coating on the cooling unit is about $\frac{1}{4}$ inch thick.

2. Check refrigerator door seals. Make sure they are so tight you can't pull a strip of paper through a closed door.

3. Open the refrigerator as few times as possible. Plan to store or remove several things at a time. If you have a large family or children, cold water may be stored in a large

insulated container, fitted with a spigot, and placed in an easily accessible place. Ice cubes may be stored in similar containers; a large bottle of drinking water stored in the refrigerator reduces the need for ice.

4. Allow for free air circulation in the refrigerator. Store foods in several small containers to speed cooling. Keep racks open, and cover with foil. Keep gaskets clean.

5. Place refrigerator and freezer in a cool location. When storing large amounts of food, turn the control to a colder setting, then turn control to normal after food has become chilled or frozen.

Dishwashers

Dishwashers should be given the care recommended by the manufacturer for efficiency and prolonged use. Energy is used most efficiently if you:

1. Use detergents recommended for the dishwasher, because excess suds from other detergents could interfere with the washing action.

2. Operate the dishwasher only when it is full. Try using the dishwasher early in the morning or late in the evening, when the air temperature is cool. Using the dishwasher at the same time the range is in use sets up a chain reaction of energy consumption for hot water and cooling.

3. Use dishwashing cycle recommended for the type of load being washed. Some dishwashers have a rinse and hold cycle. Use this cycle and let dishes air dry.

4. Use the rack to rinse all dishes at one time when you hand wash dishes. Use either the rinse sprayer or dip the rack of dishes in a container of water.

For other ways you can help see your county Extension Office. Other energy conservation circulars include:

EC 73-2025 Energy Conservation in the Home—There is an Energy Crisis!

EC 73-2026 Energy Conservation in the Home—Kitchen

EC 73-2027 Energy Conservation in the Home—Inside the House

EC 73-2028 Energy Conservation in the Home—Building and Remodeling

EC 73-2029 Energy Conservation in the Home—Cooling

EC 73-2030 Energy Conservation in the Home—Heating

EC 73-2031 Energy Conservation in the Home—Outside the House