



- Match the size of the pan to the heating element. More heat will get into the pan and less will be lost to surrounding air.

- When using the oven, try to plan oven meals to accommodate more than one dish at a time. Avoid opening the oven from time to time. Heat is wasted every time it is opened.
- Match the cooking container size to the range's surface unit. Control heat. Fry pans, toasters and similar small appliances cook well and use less electricity than range - use them for small meals. Plan the use of oven wisely because each time the oven is used, the entire cavity is heated.
- When operating an electric oven, attempt to cook the meal as much as possible. Food with different cooking temperatures can often be cooked simultaneously at one temperature – variations of 25 degrees in either direction still produce good results and save energy.