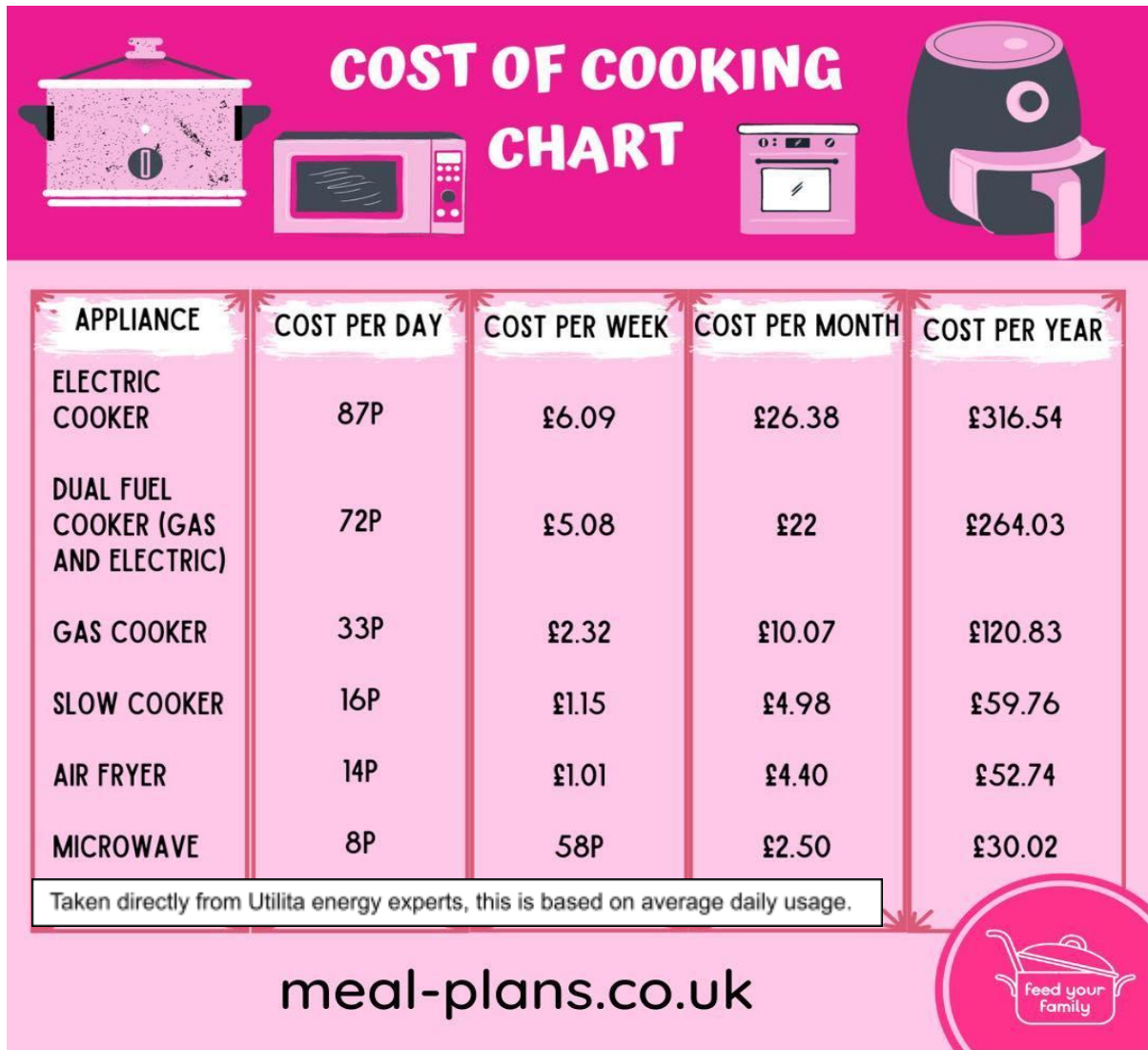


St. Paul's Cooking Class Crew



Energy Saving Tips for cooking:

- Heat water in a kettle, then transfer boiled into a pot.
- Cover pots and pans –water boils faster and uses less energy
- Turn off heat 2 minutes before your food is fully cooked, especially with electric hobs, because food will continue to cook.
- Don't keep opening the oven door.
- Allow hot food to cool before putting into the fridge or freezer.
- Keep fridge/freezer doors shut as much as possible.
- Leave at least a 10cm gap behind your fridge to let heat flow away.