St. Paul's Cooking Class Crew

COST OF COOKING CHART						
	APPLIANCE	COST PER DAY	COST PEP WEEK	COST PER MONTH	COST DED VEAD	
	ELECTRIC COOKER	87P	£6.09	£26.38	£316.54	
	DUAL FUEL COOKER (GAS AND ELECTRIC)	72P	£5.08	£22	£264.03	
	GAS COOKER	33P	£2.32	£10.07	£120.83	
	SLOW COOKER	16P	£1.15	£4.98	£59.76	
	AIR FRYER	14P	£1.01	£4.40	£52.74	
	MICROWAVE	8P	58P	£2.50	£30.02	
	Taken directly from Utilita energy experts, this is based on average daily usage.					
meal-plans.co.uk						

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.





