

Fridge & Freezer Temperature

- 1) Fridge below 5C
- 2) Freezer -18C

The purpose of fridges and freezers is to slow down the rate of growth of bacteria. This will keep food fresh longer. Since food waste is a high source of carbon emissions, keeping fridge and freezer at optimum temperatures will help reduce food waste.

The savings in green house gases from reducing food waste is more than the green house gases to run your fridge and freezer at lower temperatures.

How Cold Should My Refrigerator & Freezer Be?

Freezer:
Less than 0 °F
Less than -18 °C

Refrigerator:
34-38 °F
1-3 °C

MY FEARLESS KITCHEN

more details at myfearlesskitchen.com

500 x 625

Reduce Plastic Wrap

- 1) Reuse single use plastic containers
- 2) Reusable containers
- 3) Bees wax covers
- 4) Silicon covers

Plastic in general is not good for the environment for many reasons. Plastic wrap is not usually recycled by people. There are many reusable options for storing food.



See Facebook Page “Who Do You Want to Protect Our Climate For” for more information.

Hot Water Energy Savings

- 1) Set hot water heater to 49C
- 2) Insulate hot water pipes out of heater
- 3) Replace old hot water heaters with energy star products

Lowering hot water tank to 49C will reduce the chances of scalding as well as energy savings. Lowering water temperature from 60C to 49C will save \$35-60 annually due to heat loss between use.

Insulating exposed hot pipes will reduce heat loss resulting in energy savings and warm water will reach taps sooner. Hardware stores have foam insulation that is really easy to install.

Cooking Energy Savings

How we cook our food effects the amount of energy we use. This is a general order from lowest energy consumption to highest. This assumes only using one cooking method.

- 1) Microwave
- 2) Slow cooker and pressure cooker
- 3) Toaster oven
- 4) Stove top
- 5) Convection oven
- 6) Normal oven

This order depends on your appliances and what you are cooking. The method also effects the flavour and time to cook.

If you are using your oven, try to maximize what you are cooking at one time. For example, it takes the same amount of energy to cook 6 muffins as it does 24 muffins. You can freeze the extra to enjoy at another time.