

How to Save Energy in Your Kitchen over the Holidays

Energy Savers Blog

For many of us, celebrating the holidays means food – hot, delicious, home-cooked food. And that means using those kitchen appliances!

We've posted some energy-saving ideas in the past including [winter](#) [1] and [summer](#) [2]. Here are some quick tips to help you save energy in your kitchen this holiday season:

- Limit pre-heating times: Use an oven thermometer to see when the oven is at temperature (most recipes tell you to turn on the oven first, which can be a long time before you need it if it's a complex recipe)
- Keep your oven door closed, and resist the temptation to open it frequently as this drops the temperature and extends cooking time
- Use a meat thermometer (a digital one is great) to tell you when your roast is done: This reduces the need to open the oven and poke holes in your beautiful protein source
- Turn down your furnace on days when you're cooking a lot and have guests over: Oven and body heat will help keep the temperature warmer in your home
- Use flat-bottomed pans on your electric stove: Warped pans don't maintain contact with the surface, and therefore don't conduct as much heat
- Use your slow cooker, toaster oven, microwave, or pressure cooker to take some of the (energy) load off of your stove.

Read our [No-Cost and Low-Cost Tips to Save Energy This Winter](#) [3] for more ideas. You can also get a [home energy assessment](#) [4] to find out how to improve your home's energy efficiency – you can [hire a professional](#) [5] or [do it yourself](#) [6].

Don't forget – there's still time to take advantage of [federal tax credits](#) [7] for installing energy-efficient products in your home through December, 2010, and several states still have [energy-efficient appliance rebates](#) [8] available.

Happy holiday cooking!

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[SOURCE](#) [9]

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Links:

- [1] <http://www.eereblogs.energy.gov/energysavers/post/Energy-Efficient-Cooking-for-Winter.aspx>
- [2] <http://www.eereblogs.energy.gov/energysavers/post/Beyond-Salad-How-to-Save-Energy-in-the-Kitchen-During-the-Summer.aspx>
- [3] http://www.energysavers.gov/seasonal/tips_winter.html
- [4] http://www.energysavers.gov/your_home/energy_audits/index.cfm/mytopic=11160
- [5] http://www.energysavers.gov/your_home/energy_audits/index.cfm/mytopic=11180
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