
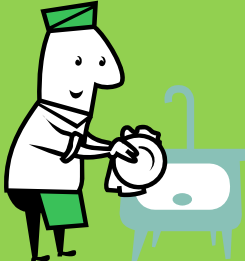

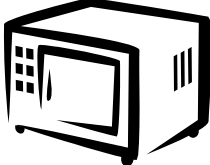


# “GREEN” LIVING TIPS

# in the kitchen

<p>Run your dishwasher only when it's full. Consider running it at off-peak hours such as early morning or later evening.</p>		<p>Use a toaster oven when you can as a substitute for the regular oven. It uses less electricity.</p>	<p>Thaw or partially cook food in the microwave, then finish it in a pan or in the oven to cut down on cooking time and electricity use.</p>
<p>Use the shortest dishwasher cycle possible and bypass the electronic dry cycle. Air dry or hand dry instead.</p>	<p>Gas ranges emit only about one third of the carbon that an electric stove does. Switch to a gas appliance if possible.</p>	<p>When using the stovetop, choose a burner that is smaller than the pot. This uses the burner's heat more efficiently.</p>	<p>Stay out of the refrigerator in between meal preparation, or at least as much as possible.</p>
<p>When baking, use the oven light to check your progress. Opening the oven door allows heat to escape and increases cooking time.</p>	<p>Cook on a stovetop when possible vs. turning on the oven. Stovetop cooking can be up to 6 times more energy efficient than the oven.</p>		<p>When hand washing dishes, start with a small amount of water and rinse clean dishes over the basin so the water can be used for larger pots and pans.</p>
	<p>Rinse dishes in cold water. Do not leave the faucet running.</p>	<p>When packing lunches, re-use sandwich and snack bags for the week rather than grabbing new ones every day.</p>	<p>Re-use all plastic bags that make their way into your house.</p>
<p>Eat something out of your freezer before it goes to waste.</p>	<p>Reuse the same napkin rather than throwing it away if you barely soiled it. Try not to be wasteful with paper products.</p>	<p>Use leftover dishwater and suds to soak pots and pans.</p>	<p>Scrape your food scraps into a compost bin. Garbage disposals use extra water and electricity.</p>
<p>When replacing appliances, opt for high efficiency models. Look for the Energy Star symbol.</p>	<p>Use your crock-pot or slow-cooker. It's more energy efficient than the stove or oven.</p>		<p>Consider using cloth napkins in a color that will help fill a regular laundry load.</p>