



Cooking safety and efficiency by the numbers

1,300 Avg. # of cooking fires on Thanksgiving (2009-2011)

Unattended cooking is #1 cause: never leave the home, use a timer if baking/roasting & try to stay in the kitchen.

43 % of reported home fires attributed to cooking



Keep flammables away from the stove top. Oven fires: turn off oven & keep door closed. Stovetop grease fire: place a lid over pot, turn off burner & leave covered until cooled.

12 # times/yr you should check fire alarms (monthly)

Keep a fire extinguisher in the kitchen but away from the stove so you can access it in case of fire.

140,000 # of electricity-related home fires reported each year (ESFI)

Unplug appliances that are not in use and make sure all cords are in good condition.

70 % of electrocutions that could be prevented if every home and business had GFCI outlets installed

46 The number of turkeys in millions eaten on Thanksgiving in 2014 (CNN).

40 % of electric heat wasted if an 8" pan is used on a 10" burner.

Make sure pans aren't warped so they make good contact with the burner; copper-bottomed pans heat up faster.

25 # of degrees your oven lowers each time you open the door.

Also the # of degrees you can lower your oven's temperature if you are using ceramic or glass cookware.

10 # of minutes to shut off your electric oven/stove top before your dish is done

Heat will remain long enough to finish cooking. Also consider ignoring the "preheat oven" directions on recipes that require longer than 1 hour to bake.

30 % of energy you could save if using a toaster oven vs. traditional oven

Also consider using a microwave or slow cooker - Grandma doesn't have to know you changed the method of cooking her famous sweet potatoes.



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