



Cooking safety & efficiency by the numbers

1,730 Avg. # of cooking fires on Thanksgiving (NFPA)

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

46 % of reported home fires attributed to cooking (NFPA)



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.

51,000 # of electricity-related home fires reported each year (ESFI)

Unplug small kitchen appliances that are not in use & make sure all cords are in good condition.



46 # of turkeys, in millions, eaten on Thanksgiving (U of I Extension)

Whether you bake, smoke or fry it, look up safe cooking techniques online or try the 1-800-BUTTERBALL hotline.

40 % of electric heat wasted if a 6" pan is used on an 8" 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 a microwave or slow cooker - we'll never tell you changed the method of cooking grandma's famous sweet potatoes.