

Planetary Wellbeing

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- Organic & Sustainable Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

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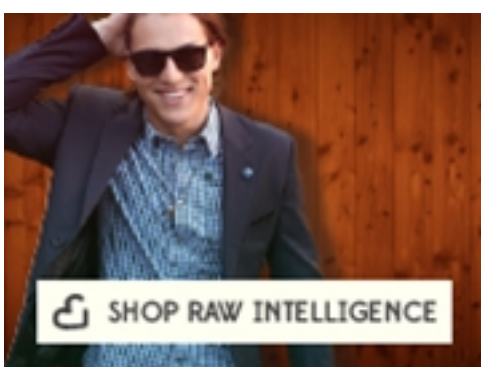
Reduce Resource Consumption

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Save Electricity with Low-Energy Stoves and Ranges

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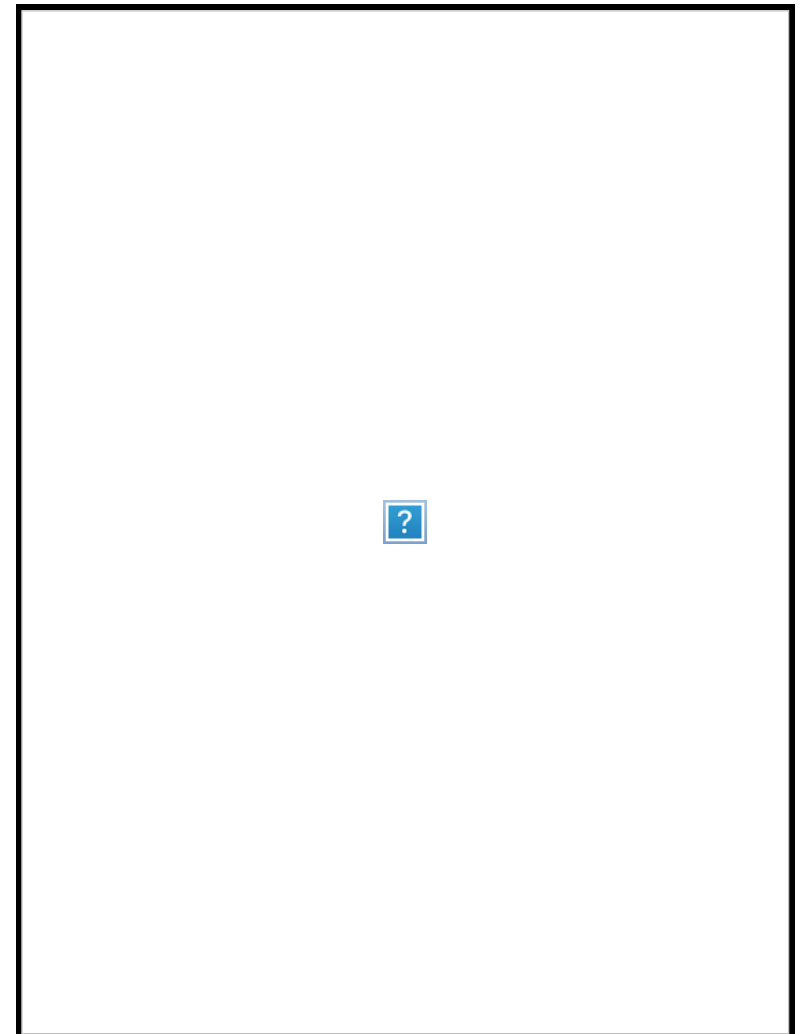
Stoves and ranges are very important appliances in the American kitchen, and though they can be energy-consuming, there are many ways you can reduce your carbon footprint for cooking. If you're ready to **replacing your old stove or range**, follow our Hearts guide to finding the most energy efficient model, and be sure to recycle the old one to keep from clogging our landfills.

Quick Facts: Stove and Range Energy Consumption

- **4.6% home energy used on ranges and stoves:** They add about \$95 to the average annual electricity bill.^[i]
- **50% less energy consumption by upgrading to induction cooktops:** There is no preheating required with an induction stovetop saving you 50% on energy compared to a gas or electric range. The cooking time is also faster so you use up less electricity^[ii]

Take Action! Find Low-Energy Stoves and Ranges

1. **Select a gas range:** A gas oven uses about 59% less energy than electric oven, and gas ranges are generally more efficient than electric, too. Choose one with an electric ignition to use even less energy than a stove with a pilot light.^[iii]
2. **Use an electric convection oven with self-cleaning features:** EnergyGuide labels help compare different models but ranges and stoves have been exempted from this program since the energy consumption does not vary that much from model to model. But you can save energy by choosing a convection oven, which consumes 20% less energy than a conventional electric oven because it circulates heat to cook faster. Self-cleaning ovens have more insulation so waste less energy.^[iv]
3. **Buy the most efficient electric stovetop:** The following, in order of efficiency, are the best options for saving energy with stovetop cooking: solid disk, exposed coil, radiant, halogen.^[v] A stovetop that has a high watt element means that it can cook food at the fastest time possible without generating excess heat.
4. **Choose an induction cooktop:** For the ultimate energy savings for serious cooks, choose a magnetic induction stove which transfers heat directly to the pots and pans. Some induction stoves also feature a pan detect feature so that only the area connecting to the pan gets heated.
5. **Avoid energy wasting activities:** When cooking with a stove or a range, use pots and pans that have flat bottoms to avoid air pockets between the stove and the pan that allow heat to escape. Also, use pots and pans that are properly sized for the burner to avoid heating air instead of your food.



Learn More on Energy Efficient Cooking

- To find out how induction technology works, check out this guide from [GE Appliances](#) or [Inductionstove.org](#).
- Get energy saving tips for cooking through the [American Council on an Energy-Efficient Economy](#)(ACEEE).

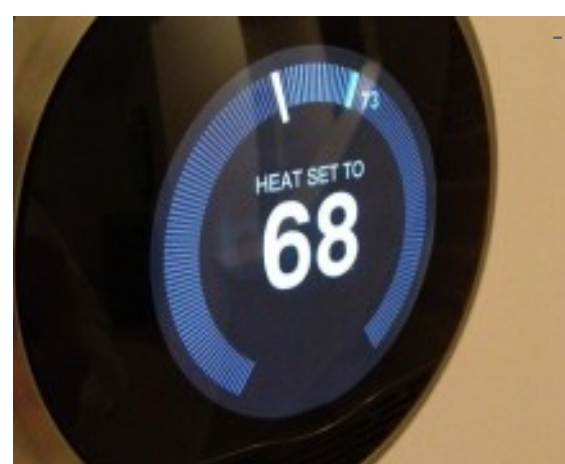
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References

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