

# Save on energy costs in the kitchen

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Ways to use less electricity or gas when you are cooking.

- **Speed matters.** Ask yourself is there a more efficient way to cook something? If you're using an oven to cook, are you able to use an air fryer, slow cooker or microwave instead? Simmering rather than boiling could reduce your energy costs. Try using a slow cooker, cooking at lower temperatures for longer will be more cost-effective than using an oven.
- **Utilise space.** Don't use a large appliance such as an oven to cook something that could fit in an air fryer or microwave. Try doubling up and steam vegetables on top while you are boiling potatoes in the same pot.
- **Batch cooking** Another way to be more efficient with energy is to batch cook. Cooking enough to do a few meals, freezing portions for a later date, or cooking several foods (for example a casserole and some baked spuds) at the same time whilst the oven is on can save approximately £158 over a year!
- **Keep it in and keep it closed.** Where possible, put a lid on your pots and pans to save on boiling time. Using the right-sized pan with a lid will save around £72 on your annual energy costs. Try to reduce the number of times you open the oven door or lift the lid of the slow cooker so that you don't lose the temperature.
- **Don't leave it on standby.** Your electric oven, microwave, dishwasher and washing machine eat up electricity when left on standby. Turning your appliances off standby can save you an additional £45 on your energy cost a year.

## Recipe ideas by appliance

If you have the choice, sometimes a slow cooker or microwave can be cheaper to run, depending on how long you are cooking for. You can use our [appliance cost comparison table](#) to get an idea of what would be the cheapest for you.

### Microwave recipes

If you're using a microwave, [take a look at Jack Munroe's microwave cooking recipes](#)

### Slow cooker recipes

If using a slow cooker, why not try these [recipes from Mid and East Antrim Borough Council.](#)

## **‘Shop, cook and save’ videos**

The Public Health Agency for Northern Ireland has produced a series of useful videos on everyday shopping tips and cooking skills. Watch the videos below.

### **Video on easy cooking for one person**

Cooking for one person can seem like it takes too much time, money and effort, however it can be a much healthier option. This video provides some tips to make it easier.

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### **Video about easy batch cooking**

Batch cooking can be a fantastic way to save time on cooking by making a larger meal and then freezing portions until you are ready to use them.

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### **Video about how to shop and save**

Before you ever get to the cooking stage, there are ways to reduce the cost of your food shop by following the tips below.

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### **Video about easy slow cooking**

Slow cooking can save time as there is less preparation and washing up, as well as money since it is cheaper to run than other methods of cooking such as the oven or

hob.

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## **Video about storing and reheating food safely**

Storing food to reheat later is a great way to avoid wastage and save money, however it must be done correctly or it may be unsafe.

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## **More ways to save money on household bills**

### **Switching electricity or gas supplier**

You could save money by switching supplier, switching billing method, or switching tariff.

### **Budgeting**

Ways to budget better; helping you spend less and save more.

### **Ways to save money on food**

Information and advice on how to save money on your food shop and how to make the food you buy stay fresher for longer.

### **Support with food costs**

There are advice agencies, support organisations and schemes available to help you with the cost of buying food.