Energy-Saving Top Tips

We all have a responsibility to help reduce energy use

Ovens	• Turn ovens on only when necessary • If cooking for dining centres, cook these items as late as possible and pack straight into boxes instead of storing in hot cupboards • Where possible, bake desserts whilst the oven is already on
Steamers	• Turn steamers on only when necessary • Vegetables can be cooked quickly in a pan using the hob/stove • Consider heating baked beans in a pan or double boiler
Sterilising Sinks	• If you have access to plenty of hot water, use hot water to fill it instead of cold so it takes less time getting to temperature • If using hot or cold water, note how long it takes to get up to the legal sterilising temperature and adjust the time to switch it on for use
Hot Cupboards	• Turn on just prior to lunch service • If cooking for dining centres, instead of holding items in the hot cupboard consider cooking them closer to collection time
Dishwasher	• Turn on just prior to first use • Always ensure the load is full
Fridges / Freezers	• Do not over-fill • Where possible, turn off fridges and freezers if not required or over holiday periods with no stock inside • Keep fans clear to allow the air to circulate
Extraction Fans	• Turn on just before it is needed and turn off as soon as you have finished cooking
Fryers	• Turn on only when necessary
Lights	• Turn on and off when entering or leaving a room
Washing Machines	• Only wash full loads • Wash every other day where possible
Plug Sockets	• Turn off when not in use • Charge your Cypad tablet during working hours and not overnight
Kettles	• Only boil water that is required • Try not to keep re-boiling the kettle