



Know Your Appliances

It is important to know what your appliances can and can't do, but more important is to understand what they cost to run. By understanding this cost, we can all make changes to the way we cook and how much we are spending on fuel to power our cooking habits. But how do we work out how much things cost?

We have done our research and based on the average appliances in the UK we have been able to show you how much we spend on our appliances when cooking. Remember the cost is from the second we turn our appliances on to the time we turn them off. Below is a table of average costs and then some top tips on how to reduce that cost.

Appliance	Cost In Pence VS Minutes Used			
	10 Minutes	30 Minutes	60 Minutes	90 Minutes
Air Fryer Electric	11	33	66	99
Electric Hob	9	27	54	81
Microwave	5	15	30	45
Electric Oven	12	36	72	108
Slow Cooker	1	3	6	9
Electric Toaster	7	21	42	63
Gas Hob	1.5	4.5	9	13.5
Gas Oven	2.5	7.5	15	22.5

Source: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/check-how-much-your-electrical-appliances-cost-to-use/>

Top Tips

1. **Turn It Off** – This can be used for hobs and ovens. Ovens will slowly reduce temperature when turned off, it is possible to continue to safely cook your food with the oven turned off early, in some case up to 15 minutes early. When cooking rice or pasta, boil the water then put the rice or pasta into the water, cook for 5 minutes then turn the hob off and allow the food to finish cooking.
2. **Soften In Waves** – Soften onions or part cook vegetables in the microwave first before turning the electric hob on will save you money.
3. **How Do I Swap?** – Can you swap the cooking method but not the recipe? The food purchased could be the same for a recipe in the oven as in the slow cooker, but which will cost the least?
4. **Preheating** – Think about what you're cooking – does the oven need to be preheated? If you're making a cottage pie or a pasta bake the oven can be cold at the start allowing for cooking to begin during the heating period.
5. **Fill It Up** – If using higher cost appliances are you filling the space or are you heating empty space. Fill the space to cook more with your money at once!
6. **Chill Or Freeze?** – Leftovers can be stored for later but remember your fridge needs to circulate air so keep some space in there! Your freezer likes to be packed so keep the items tight in the shelves and racks of your freezer.