

# Cost To Cook Introduction



Within our Food and Fuel resources and activities are a number of Cost to Cook Case Studies. Our ambassadors and champions have been working hard to show how the choice of cooking appliance can make a massive difference to our spend levels, our Cost to Cook.

We want as many people as possible to join our ambassadors and champions by completing the Cost to Cook Case Studies and sharing what they have found with others in the household, family, or wider community. By knowing what things cost we can all plan, budget and eat well whilst ensuring we lower our Cost to Cook and fulfilling the Food and Fuel message.

Below is a pricing grid to help everyone understand the cost of cooking. These figures are based on an average appliance found within UK households and the costs are accurate as of January 2023.

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

To work out how much it costs for other times the sum below will help;

$$(10 \text{ minute cost} / 10) \times \text{Number of minutes cooking time}$$

To become an ambassador or champion complete any or all of the Cost to Cook Case Studies and let us know what you did to tell people how they could save on their Cost to Cook. Letting us know is simple, you can either share a social media post with us @ukharvest or email us with a story, article or photo telling and showing us what you did: [foodandfuel@ukharvest.org.uk](mailto:foodandfuel@ukharvest.org.uk)

We need ambassadors and champions to share our message and save people money, so please help us by sharing your knowledge from the Cost to Cook Case Studies with as many people as possible.