

## Cut it Off at the Source: Tips for Improving Kitchen Indoor Environmental Quality

When it comes to pollution control, addressing the source of the pollution itself is the key. Both the cooking of food and the burner use can be a major emission source, so how you cook can make a big difference. Here's how to tackle cooking and burner emissions of air pollutants, odors, grease, and moisture in your home to protect your family's health.

More information and webinars on best practices are available at our [ROCIS Kitchen Range Hoods](#) page.

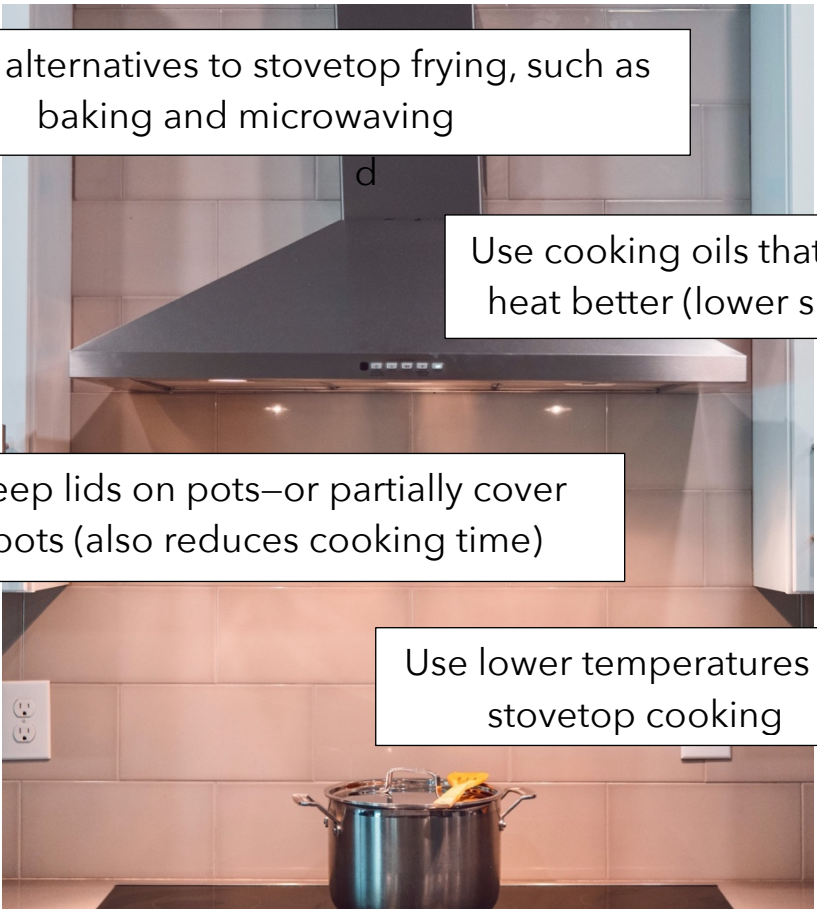
Check out the stories of families who have used low emission cooking methods are available:

[The Pollards' Story](#) and [Andrew's Story](#).

### TRY OUT THESE LOW-EMISSION COOKING TIPS

in addition to improving the performance of your vented range hood  
(see [Channel The Flow Tips](#))

#### 1. Use techniques to reduce your **cooking** emissions:

A photograph of a kitchen range hood with a stainless steel pot on the stove below it. The background is a light-colored tiled wall.

Consider alternatives to stovetop frying, such as baking and microwaving

Use cooking oils that handle high heat better (lower smoke point)

Keep lids on pots—or partially cover pots (also reduces cooking time)

Use lower temperatures for stovetop cooking

Clean burners, ovens, and range hood filters routinely (mark your calendar)

## 2. Reduce **burner** emissions from gas stoves:



- Use an induction stove to prevent burner emissions of NO<sub>2</sub>, particles, etc. and to reduce burn and fire hazards. Tax incentives for induction stoves may be available. See [ROCIS Induction Stove Resources](#).

- An affordable alternative is a portable induction cooktop, used on top of your existing stove.

- Use an electric hot pot or pressure cooker.
- Preheat the cooking water you need in a microwave or electric teapot.
- Never use your gas oven or stove as a space heater.

## 3. If feasible, cook outside:

- Use a portable induction cooktop.



- Try out a [solar cooker](#) for various types of cooking. Solar cookers can be [DIY projects](#) or purchased products. Gift a solar oven to your friends and family, especially in areas with high energy costs and in households with respiratory disease patients. Solar ovens are also great as [educational tools](#).

