# How to save energy — while cooking and cooling

When cooking in an oven its whole capacity should be used, and when possible, cook several dishes immediately one after the other to avoid pre-heating again.

Use pressure-cookers, which save energy (up to 20%) and time.

Use pots whose diameter at the bottom is equal to or bigger than the diameter of the hot-plate (saves up to 15% energy)

The pots you cook in should have even and thick bottoms (unevenness of just 1mm will cost 15% more energy).

Defrost the fridge regularly (saves 1-2% energy).

A tightly closed oven door when cooking saves energy (5-7%).

Do not put warm food or pots in the fridge (saves up to 5% energy).