



Dear Student,

Today's email focuses on energy-saving methods in your home when preparing meals or drinks.

- 1 Put a lid on the pot! When you cook, make sure your cookware is covered with its lid –the latter traps the heat that means you can cook at a lower temperature.
- 2 Do not fill your pots with water. When boiling food (e.g. pasta or vegetables) and filling the pot with water, it takes more time to cook food and thus more energy is wasted.
- 3 Use the correct hotplate - if you have a small pot, you will only need a small hotplate and vice versa. Using a small cookware in a large hotplate often means that the heat is lost around the edge of the pot.
- 4 Cook together with your roommates or your friends - Cooking together saves energy, time and enhances socialization!
- 5 Do not overfill the kettle - when preparing tea / coffee boil only the amount of water you need (make sure it is above the minimum fill line). You will save time and prepare your drink quicker!
- 6 Turn off before boiling - if you make tea / coffee, turn off the kettle before your drink is boiled. The optimum temperature for most hot beverages is below the boiling point.
- 7 Fast and cheap rice - if you want to taste a perfect rice recipe every time, quickly and cheap, you can do it in the microwave. Simply rinse the amount of rice you want and place it on a dish in the microwave. Pour boiling water from your kettle over the rice - about twice as much as rice (eg for 100g rice use about 200ml of boiling water). With the microwave at maximum power for about 11 minutes, you will have perfect rice every time without hassle! The exact amount of rice / water and the cooking time may vary, so check the label on the rice package for details.
- 8 Defrost your freezer - if your freezer has ice build up on the inside, it will work less efficiently. This can make a difference of up to €100 a year!

- 9 Allow hot foods to reach room temperature before putting them in the refrigerator.
- 10 Do not let the faucets run when cleaning the dishes - use a bowl to clean them to reduce the use of water and the energy needed to heat the water.

For more information, please visit www.studentswitchoff.gr and our facebook page: [Student Switch Off+ Greece](#). You can also watch the relevant Student Switch Off + [video](#).

Yours sincerely,

Sender's signature



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