

# Switch to Induction Cooking



## Avoid the dangers of cooking with gas

The American Medical Association has stated that cooking with gas is dangerous for our health: *"Cooking with a gas stove increases household air pollution and the risk of childhood asthma"* Studies have found that "children living in homes that cook with gas are 42% more likely to experience symptoms associated with asthma."

You can avoid those dangers and enjoy better cooking performance by switching to electric induction cooking. Enjoy the following benefits with induction ranges and hot plates:

- Faster heating – twice as fast to boil water and heat food than gas
- Better temperature control – instant temperature changes and precise control
- Easier to keep clean – simply wipe the glass surface clean
- Safer – only the pan gets hot, not the surface, and no open flame
- Healthier – no toxic byproducts of combustion that cause respiratory diseases
- More efficient – nearly all the heat goes into your food rather than heating your kitchen



from Frontier Energy: Residential Cooktop Performance and And Energy Comparison Study, July 2019

Induction ranges are made by all the brands we are familiar with and come with long warranties. They require a 240V dedicated circuit which could require an electrician to install.

If you are not ready to switch yet or if you rent your home, consider buying an induction hot plate for under \$100. This is a great way to use a gas range less often and learn about the benefits of induction cooking. Induction hot plates can be found on all the popular cooking websites and the internet.

Remember that it is always best to cook with proper ventilation!

Find out more at [electrifynow.net](http://electrifynow.net) on our Take Action pages.

