Induction: The New High-Performance Way to Cook

Induction cooks faster and safer, with better control and easier cleanup, while fighting climate change and improving your indoor air quality.

FASTER

Induction boils water twice as fast as gas. It sends energy more rapidly into the pan than a gas burner, electric coil, or radiant electric cooktop.

PRECISE CONTROL

The temperature can be raised or lowered virtually instantly, and the digital controls allow you to set and hold the precise temperature you need. Induction also provides more even cooking.

ENERGY EFFICIENT

Just the pan is heated, so very little energy is wasted heating the burner and the air around the pan. Induction is 85% efficient, while gas stoves are only 32% efficient.

HEALTHIER

Induction stoves do not emit toxic gases into your home. Recent studies show that gas stoves create dangerous indoor air pollution that increases health risks like asthma and cancer

SAFER

With no flame and little residual heat after you remove the pan, induction reduces burns and fires. And there's no chance of a gas leak, igniter fail, or broken gas line.

EASY TO CLEAN

Induction stoves have a smooth, easy to clean ceramic glass surface, and no hot burner onto which food can bake and stick.

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Thanks to Tom Lent for providing content for this handout. We appreciate the pooling of resources!

By switching to induction, you'll get cleaner indoor air quality and a superior cooking experience.

How does induction work?

Induction cooktops create a strong magnetic field that excites the electrons in your metal pan, creating heat. The pan gets hot to cook your food, but the glass surface stays cool.

What kind of pans will I need?

All iron pans work, including cast iron and enamel or ceramic coated iron. Most stainless steel works. Aluminum, copper and glass work only if the manufacturer has added an iron or steel plate to the bottom. Check your pans by holding a magnet to the bottom—if the magnet sticks, the pan will work.

How do I get started?

If you currently have an electric range or a gas range with an electric oven - it is a simple swap out to upgrade to an induction range. If you have an all gas range, you will need a 240V dedicated circuit installed by an electrician. Read reviews to find an induction range or cooktop that meets your needs.

Let's talk about gas stoves

Bad for your health

Gas stoves emit toxic gases into your house that can cause asthma and other respiratory problems. Cooking with gas sends nitrogen dioxide (NO_2, associated with asthma), carbon monoxide (CO), and formaldehyde (CH_2O) into the air. Gas stoves also leak methane, often containing benzene, even when they're turned off. Benzene is linked to cancers like leukemia.

Bad for our climate

Gas stoves emit carbon dioxide and methane into the atmosphere which are the drivers of climate change.

Induction is sold in three different configurations:

RANGE

4-6 element cooktops paired with an electric convention oven. Requires a 240V outlet. Prices range from $1,000-$6,000

COOKTOP

4-5 element cooktops can drop into counterop independent from oven. Requires a 240V outlet. Prices range from $150-$3,000

PORTABLE

1-2 elements that can sit right on a countertop and plug into a standard 120V outlet. Prices range from $60- $250.

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