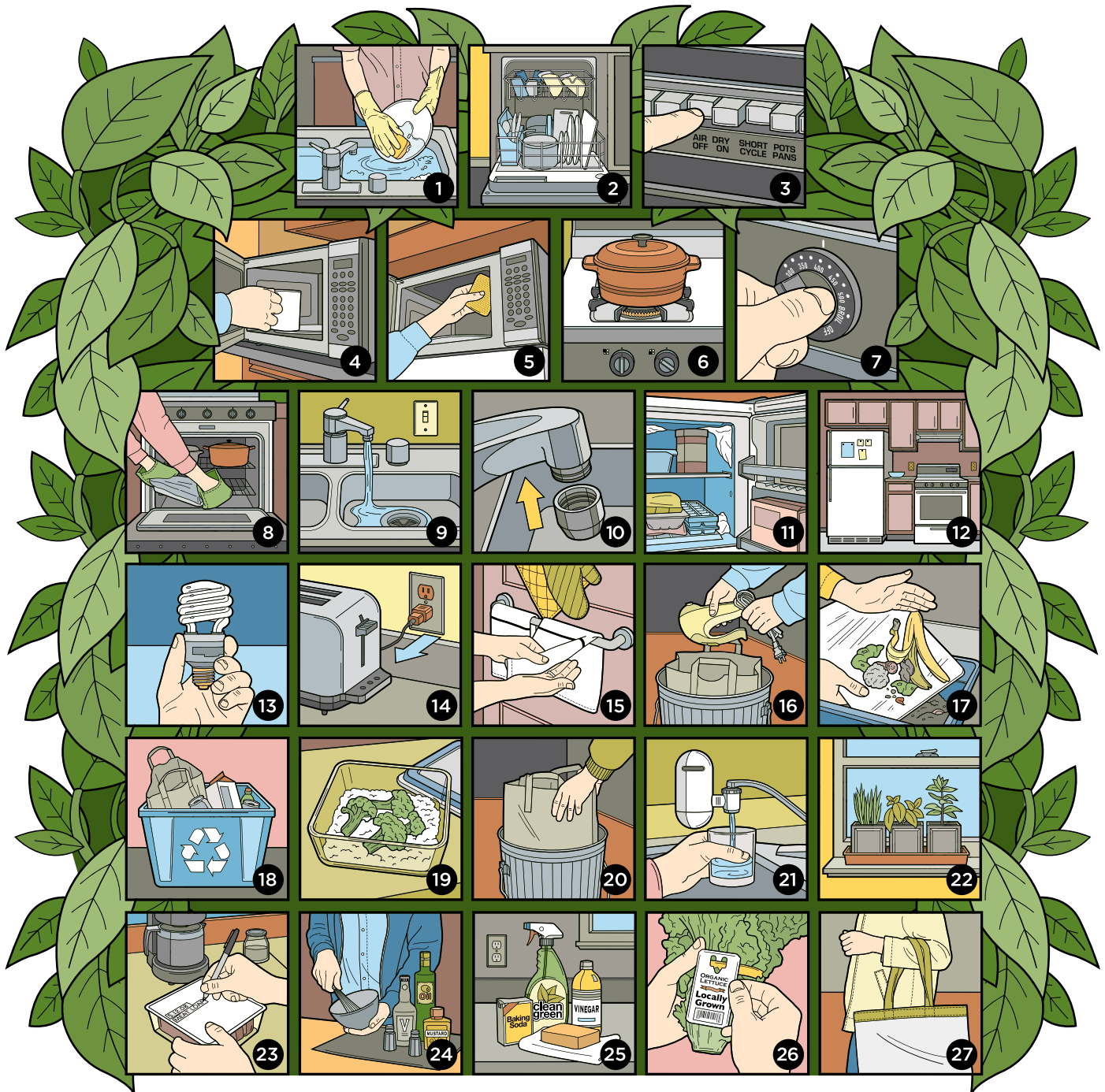


How GREEN is Your KITCHEN?

Illustration by Timmy Kucynda

THE TRADITIONAL KITCHEN is by far the most energy-inefficient room in the house. Taking up some of the suggestions in the chart below will seriously reduce your energy bill.

At the same time, you will make a difference in the war against global warming. And you'll be healthier too!



1. Don't leave water running 2. Fill dishwasher before using; no pre-rinse 3. Use short cycle, dry naturally 4. Microwave small items 5. Keep it clean 6. Match pot and burner size 7. Don't preheat 8. Cook multiple dishes 9. Use cold water, not hot 10. Install a \$5 faucet aerator 11. Avoid frost buildup 12. Keep fridge away from heat 13. **Use energy-efficient bulbs (CFL)** 14. Unplug small appliances 15. Switch to cloth towels and napkins 16. Toss electronic gadgets 17. Use composting box 18. Recycle glass, plastic, paper 19. Use glass, not plastic 20. Reuse bags 21. **Drink filtered water** 22. Grow a herb box 23. Don't waste 24. Avoid prepackaged foods 25. Avoid chemical cleaning agents 26. Buy local produce 27. Tote your own shopping bag