**Thermal Energy**

**(TE08)**



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| **Fact Sheet TE08: Choose the right size of pots and pans suited to the amount of food that needs to be cooked** | |
| **Overview** | |
| *Objective* | Reduce the energy used for cooking. |
| *Action* | Use flat bottom pots and pans instead of rounded bottom ones with the right size instead of large pans for cooking in order to reduce cooking time and gas bill. |
| *Key Challenges* | * Needs trained and skilled cooks to choose the correct cooking pans. * Replacing all rounded bottom pans and pots with flat bottom ones. |
| **Process** | |
| *Complexity* | Low |
| *Equipment & Material* | Flat bottom pans and pots. |
| *Human Resources* | Trained cooks |
| **Considerations** | |
| *Regulatory Aspects* | None |
| *Economic* | Low CAPEX, Low OPEX, Low savings |
| *Advantages* | * Reduction in gas/electrical bill. * Reduction in CO2 emissions |
| *Disadvantages* | May require more variation in the sizes of pans and pots used for cooking. |
| **Impacts** | |
| *Environmental* | Environmentally friendly approach, pollution reduction as a result to CO2 reduction |
| *Employment Opportunities* | Low - No need for additional labor just more training for existing employees. |