

# INDUCTION COOKING



THE SWITCH IS ON

Induction cooktops transfer heat directly to the pan through magnetism, creating a more efficient, safer, and better cooking experience.

**Gas stoves are unhealthy for your family and the planet.**

### Bad for your lungs

Gas stoves emit toxic gases into your house that can cause asthma and other respiratory problems.

### Bad for our climate

Gas stoves emit carbon dioxide and methane into the atmosphere which contributes to global warming.



**Induction stoves are a great answer.**

### Healthier

Induction stoves do not emit toxic pollutants into your home

### Climate Friendly

Induction stoves can be powered with 100% renewable electricity.



### FASTER

Induction stoves send more energy rapidly into a pan than a gas burner or traditional electric, boiling water twice as fast as gas.



### IMMEDIATE RESPONSE

With all energy going directly into the pan, the temperature can be raised or lowered virtually instantly.



### ENERGY EFFICIENT

Induction is 85-90% efficient. Gas stoves only deliver about 40% of the flame heat to the pan.



### ACCURATE CONTROL

Digital controls allow setting temperature precisely without having to judge a variable flickering flame.



### COOLER KITCHEN

Since virtually all the energy is going in to the pan rather than the air, the kitchen stays cool.



### SAFER

With no flame and little residual heat after you remove the pan, induction cooking reduces accidental burns. Plus, without gas there will never be a gas leak.



### EASY TO CLEAN

Induction stoves have a smooth, easy to wipe clean ceramic glass surface.



### WIDER TEMPERATURE RANGE

Induction cooktops offer higher boil and lower simmer temperatures than gas, and hold them steady.



### EVEN COOKING

Induction heats cookware directly delivering consistent cooking results.

Learn more at [switchison.org/cooking](https://www.switchison.org/cooking)

# Tips for Converting to Induction

## Consider Cookware



Induction uses magnetism to heat cookware from within. Therefore, if a magnet sticks, the pan will work. This includes many popular materials including stainless, blue, and carbon steel, cast iron, enamel or ceramic-coated iron. Some cookware will have the induction logo signifying that it is compatible.

## Consider Electrical



Induction ranges and cooktops require a 40-50A 240v electrical connection. If you are upgrading from gas to induction, you may need to also upgrade your electrical panel to accommodate this additional electric load and run electrical wiring to the location of your induction appliance. If you are switching from electric coil/smoothtop to induction, you likely will not need to make electrical upgrades.

**Consult with a contractor or electrician to see if this is the case.**

# How to bring induction to your kitchen



## Range

These are 4-6 element cooktops usually paired with an electric convection oven. Typically, these kinds of appliances "slide in" to a spot between counters. They require a 240 volt outlet.

**Induction ranges typically start around \$1,000.**



## Cooktop

These 4-5 element cooktops are typically installed in a countertop with hardwired electrical and do not include an oven. They require a 240 volt outlet.

**Induction cooktops typically start around \$500.**



## Countertop Hobs

These 1-2 element portable units sit on a flat surface and plug into any standard wall outlet. These units are less powerful than full-sized induction ranges & cooktops but are a great option as affordable electrification options and for renters who cannot convert their stoves.

**Countertop hobs typically start around \$60.**



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with content by  
**Tom Lent**