

Cooking Without Gas

Induction cooking brings environmental, health, and efficiency benefits. Consider induction cooktops if you're concerned about energy efficiency and want to improve indoor air quality.

There's mounting evidence that cooking with gas carries health risks because it raises indoor air pollutants.

Hazards include asthma, decreased lung function, increased susceptibility to allergies, and learning deficits in kids, according to the Rocky Mountain Institute (bit.ly/rmigsph)

Here are five facts and tips to help you pick the right induction cooktop:

1. Efficiency

Induction cooktops rely on electromagnetic energy to directly heat the cookware. They transmit up to 90% of the energy generated, compared to gas stoves' 40%. The approach reduces cooking time, boosts efficiency, lowers emissions, and can improve air quality. It also reduces energy use and utility bills and lessens your environmental impact.

2. Safety and clean-up.

Flat, sleek surfaces typically feature circles indicating where to put pots, and a digital touch display lets you set heat levels. When you remove a pot, the heat cuts off immediately, reducing burn risks. Clean-up entails wiping, not scraping away residue.

3. Stylish options.

Manufacturers offer numerous configurations—built-in cooktops, ranges with ovens, and portable units—that are friendly to various budgets. Higher-end models can rival the stylishness of professional-style gas stoves and include features like energy boosters, wireless roast probes, and surfaces that allow you to place pots anywhere on the cooktop.

Tip: Try an inexpensive countertop induction cooktop to see whether induction cooking is right for you.

4. Appropriate cookware.

Cookware needs to contain ferrous metal. If a magnet can stick to a pot, it'll work on an induction cooktop.

5. Electrical requirements.

It's important to check electrical needs. For example, a full-size, four- or five-burner stovetop with a power boost requires a dedicated, grounded 240-volt outlet with a 40- or 50-amp breaker.

Tip: You may qualify for an Inflation Reduction Act rebate for your electrical panel and wiring upgrades. See <https://www.rewiringamerica.org/app/ira-calculator>. <https://bit.ly/iracalc>

Learn more:

- Canary Media: How Do Induction Stoves Actually Work, bit.ly/howinduction
- Rewiring America: Cook Faster, Better, and Safer Without Gas, bit.ly/rewiregas
- U.S. Department of Energy: Making the Switch to Induction Stoves or Cooktops, bit.ly/switchinduction
- USA Today: Induction Cooking 101, bit.ly/induct101



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