

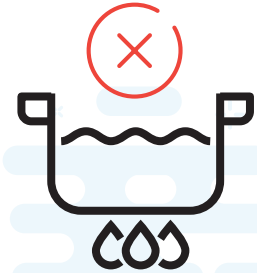
ELECTRIC COOKER / OVEN



When boiling water fill only enough as needed



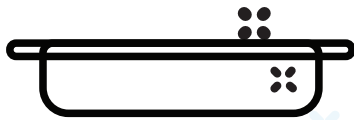
Make sure your pots sit flat and cover the element to avoid heat loss



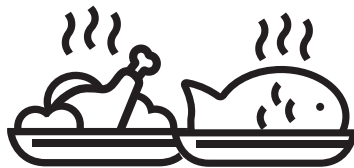
Never boil water in an open pan



Keep elements and oven clean



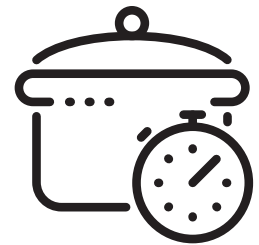
Use glass pans



Cook multiple dishes at the same time



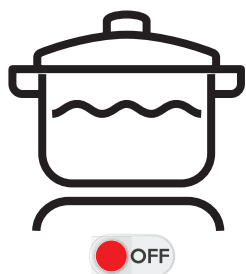
Use toaster, microwave and electric frying pans to cook small portions of food



Preheating is not always necessary for foods with a cooking time **1hr** and over



Avoid opening oven door when in use



Practice turning off burners several minutes before the allotted cooking time

Bake with products that need the lowest temperature

