



Elevate Your Energy Savings: Top Tips for an Efficient Kitchen

Your kitchen isn't just a place for culinary creativity — it's also a hotspot for energy consumption. From cooking appliances to lighting, there are plenty of opportunities to save energy!

Whether you're a seasoned chef or a casual cook, use these tips to help create an energy-efficient culinary haven.

- Keep heat and moisture out of the kitchen (moist air feels warmer than dry air).
 - Try grilling once a week or enjoy food that doesn't require cooking inside the home.
 - Use your exhaust fan to remove excess moisture and heat.
- Instead of using the dishwasher's drying cycle, air-dry your dishes or only run the dishwasher when it's full.
- Match the size of your pot or pan to the size of the burner. Pans that fit a burner absorb more of the energy, thereby reducing the amount of heat loss.
- Cook foods in covered pots and pans to retain heat better and cook at a lower temperature on your range.
- Close the refrigerator door without delay. Each time you open the door,

cold air escapes. Being careless with opening and closing your fridge door wastes 50 to 120 kilowatt-hours/year (about \$6–\$14) and keeps the compressor running.

- Look for the ENERGY STAR® label when purchasing new appliances, as these appliances meet strict energy efficiency guidelines.
- Consider using a microwave or pressure-cooker (instead of a stovetop or oven). By cooking food at a higher temperature and pressure, cooking time is reduced, and energy use is cut by at least 50%.
- When baking, keep the oven door closed and use the oven light. Each time you open your oven door, you lose about 50% of the heat.
- Bake multiple items at once and enjoy leftovers throughout the week. Use a microwave to reheat small portions of food to save as much as 80% of the energy used to cook or warm them in the oven.
- Ensure your fridge door seal is intact to prevent it from working harder than necessary — a damaged or faulty gasket can increase energy use. Also,

avoid placing the fridge next to the oven or heating source, as this can cause it to work harder to maintain cool temperatures inside.

- Check the temperature of your fridge. The internal temperature should be 35–38°F to save energy and ensure a longer lifespan for your refrigerator. Freezers should be at 0°F.

Remember, small changes can contribute to significant energy-savings over time! By implementing these tips, you can have an energy-efficient and budget-conscious kitchen.

Find more ways to save at idahopower.com/save.





Sign up for A/C Cool Credit and Save!

Summer is in full swing, which means cooling systems will run more to keep our homes at a comfortable temperature. Earn a credit on summer bills by participating in Idaho Power's A/C Cool Credit program!

What is A/C Cool Credit?

A/C Cool Credit is a simple, effective program that helps shift energy demand during a few high-use summer days — when temperatures rise and thousands of A/Cs run at the same time.

By participating in A/C Cool Credit, you can help decrease the need for extra resources during a few periods of high demand. Enroll now and enjoy a credit on your Idaho Power bills, receiving up to \$20 each summer as a thank you for your participation.

How Does the Program Work?

Idaho Power will install a cool-switch device on or near your A/C unit. On a few select days when energy demands are high, an event is called. During these events, the switch will slightly reduce

your A/C's electricity consumption. The indoor fan continues circulating the cool air, helping your home stay comfortable. The cool switch is activated only when necessary — on limited weekday evenings between June 15 and Sept. 15, or in the unlikely event of a system emergency. The program does not operate on holidays or weekends.

Installation is free and takes about 10 minutes. You don't even have to be home if your A/C is easily accessible.

Visit idahopower.com/accoolcredit or scan the QR code to watch our explainer video and learn more.



A/C Cool Credit Summertime Chill Package Drawing

For a limited time, all new A/C Cool Credit enrollments will be entered into a drawing to win one of four Summertime Chill packages.

Each package includes a propane BBQ, patio umbrella, outdoor misting fan, LED movie projector, outdoor patio lights, and Bluetooth outdoor speaker.

Drawings will take place for May, June, July, and August enrollments. Sign up now to enter the drawing and save on your summertime electric bills!

\$50 Smart Thermostat Rebate

Idaho Power offers a \$50 smart thermostat incentive to customers with a heat pump or electric furnace. If you're looking to manage your home comfort and energy consumption this summer, consider installing an internet-connected smart thermostat.

Smart thermostats allow you to control your thermostat via smartphone apps, enabling you to adjust temperature settings from anywhere. Some even optimize energy usage by learning users' preferences and adjusting heating and cooling patterns accordingly, which can lead to potential cost savings. With their combination of convenience and energy efficiency features, smart thermostats represent a significant upgrade for homes.



Idaho Power provides energy efficiency rebates, like the smart thermostat incentive, to help customers use energy wisely. Information on this and other home heating and cooling incentives is available at idahopower.com/heatingcooling.

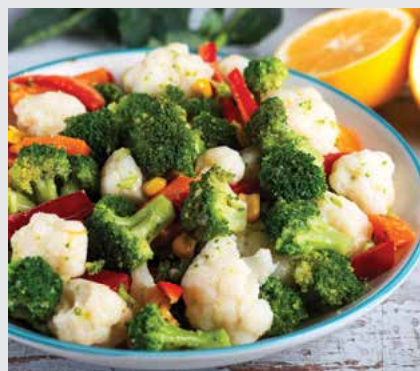
From the Electric Kitchen

Zesty Vegetable Salad

- 4 cups broccoli, cut into pieces
- ½ can small pitted olives
- 4 cups cauliflower, cut into pieces
- ½ cup zesty Italian dressing
- 1 cup tomatoes
- ¼ cup Parmesan cheese
- Garlic powder to taste

Mix all ingredients together and marinate in refrigerator a minimum of 2 hours before serving.

Serves 8.



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Salad