

HINTS FOR HOMEOWNERS

Saving Money In The Kitchen

(NAPSA)—If you'd like to put a few household expenses on the chopping block, consider making a few easy adjustments in your kitchen. These tips from the Cookware Manufacturers Association can be found in the new "Guide to Cookware and Bakeware," a handy kitchen tool itself:

Less Energy Use = Savings

Energy consumed by cooking is a very small percentage of the total energy demand, although cooking foods more efficiently will take a bite out of your energy bill.

- Select quality cookware that heats evenly and rapidly. Aluminum, copper and stainless steel with conductive bottoms are a few of the most efficient materials for quick heating.

- Use properly fitted covers for pots and pans. A well-fitted cover lets you turn the heat off a few minutes before food is completely cooked, because it retains heat in the pot or pan and finishes the cooking for you.

- Consider using portable electric appliances, such as slow cookers, broilers and toasters that require less energy than an electric range unit.

- Decrease cook times by thawing frozen foods before heating, unless the food package or recipe instructions specify otherwise.

- Remember that glass cookware is excellent for use as ovenware and for casseroles. Glass holds heat for a long time after being removed from the oven.

Dining In = Savings

Eating at home can make good economic sense because it is generally cheaper than eating out or



Clever practices and good cookware cut household costs.

buying expensive prepackaged meals. The following tips could make dining in even easier on the pocketbook:

- Think portion control. Dole out smaller serving sizes to your family and have them ask for more if they'd like. You'll probably have less to scrape into the garbage and more to bundle for another meal.

- Save money and your health by replacing cuts of meat with beans and other forms of protein. It's ultimately better for you and cuts costs at the checkout counter.

- Buy the best quality cookware your budget allows. Most kitchen equipment is used frequently and should be durable enough to last many years. Plus, the better your cookware, the more likely you are to cook.

You can get tips on choosing cookware and more information on purchasing the 2007 "Guide to Cookware and Bakeware" by visiting the Cookware Manufacturers Association site at www.cookware.org.