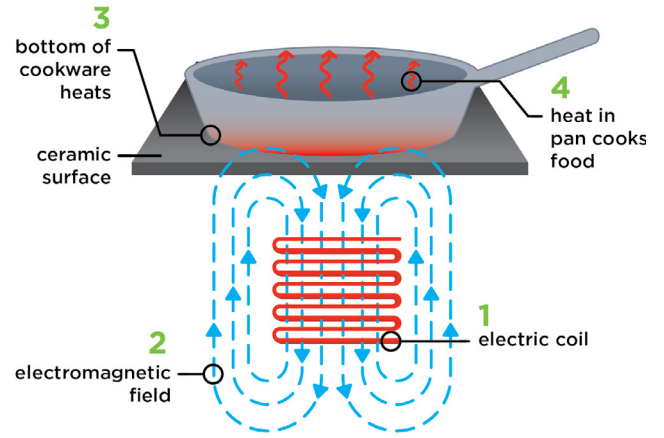


Benefits of Induction Cooking

Unlike gas or traditional electric stoves, which generate heat and then transfer it to the pan, induction stoves use magnetic fields to generate heat directly in the cookware, making them safer, more efficient, and easier to use.

They are a great option for those who want to upgrade their kitchen cooktop, and rebates are often available for those switching from gas to electric appliances.

For more information on the benefits of induction cooking as well as available rebates, visit the [Bay Area Regional Energy Network website](#).*



Increased Energy Efficiency: Induction ranges are more energy-efficient than traditional gas or electric ranges because the heat is generated directly in the cookware, rather than being transferred from a heating element. This means that less energy is wasted, resulting in lower energy bills.



Healthier: Gas stoves, even when not in use, emit toxic fumes that can cause health problems such as asthma and other respiratory ailments. These gases also end up in the atmosphere and can contribute to climate change.



Faster: Induction ranges get the cookware up to temperature faster than traditional gas or electric ranges – they can boil water in half the time compared to gas stoves, wasting less energy and speeding up cooking times.



Safer: Induction cooktops are safer than gas or electric coil varieties because only the cookware itself gets hot, while the ceramic stove top stays cool to the touch, reducing the risk of accidental burns.



Easy to Clean: Induction ranges have a smooth, flat surface that is easy to wipe clean. Unlike traditional ranges, there are no grates or burners to remove and clean, which makes cleaning up after cooking a breeze.

* StopWaste runs energy efficiency programs on behalf of the Bay Area Regional Energy Network (BayREN), in partnership with the Association of Bay Area Governments, and eight other county representatives in the Bay Area.