

Cooking Checklist for Cleaner Air



Cooking fuel types

Aim to use a cleaner energy source



Electric hobs, grills and ovens

– No smoke and pollution from heat source. Best for the environment and your health



Gas fired hobs, grills and ovens

– Better than charcoal/wood, still produces pollution that could be harmful to your health and the environment



Charcoal and wood fired hobs, grills and ovens – Produce smoke and air pollution that could damage your health and the environment



Cooking Methods

Reduce pollution whichever fuel you use

- ✓ Where possible, use oils that produce less smoke at high cooking temperatures e.g. high smoke-point oils like refined sunflower oil and rapeseed oil
- ✓ Use less oil for grilled meat products
- ✓ Use less oil with stir fries
- ✓ Avoid reusing oils for frying
- ✓ Trim off excess fat from meat products
- ✓ Regularly drain off dripping oil from heated cooking surfaces
- ✓ Pre-cook food/meats to reduce cooking time onsite where possible
- ✓ Reduce frying/grilling time

Cleaning and maintenance

Good practice for lower-emission cooking

- ✓ Clean cooking/hot surfaces regularly
- ✓ Dispose of oil waste sealed separately within waste bins
- ✓ Remove burnt fats and charred food regularly
- ✓ Avoid cleaning with scented cleaning products and products containing harsh chemicals (**formaldehyde, benzene, chloroform, 1,4-dioxane, and glycol ethers**)
- ✓ Use only Defra-authorized charcoal and dry wood, and standard lighter fluids
- ✓ Use the relevant Class A or Class F extinguishers to ensure charcoal and wood fires are fully extinguished and not left to smoulder
- ✓ Avoid the use of plastics on heated and cooking surfaces
- ✓ Ensure that cooking appliances and air filtration/extraction equipment are cleaned and maintained regularly according to the manufacturer's instructions

Consider people around you

Cleaner air for everyone

- ✓ Be considerate for the health of others around you
- ✓ Do not expose others to air pollution. Doing so might be considered a statutory nuisance, and you could face Local Authority enforcement action

Cooking fuel types

Electric hobs, grills and ovens are best for the environment and your health



Cooking methods

If using a charcoal grill use minimal oil and oils that produce less smoke



Cleaning and maintenance

If using a charcoal grill clean the cooking surface and use dedicated containers for used oil and ash

