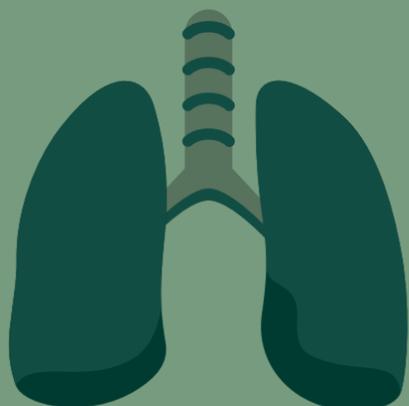


BENEFITS OF COOKING WITHOUT GAS

STAY SAFE AND HEALTHY



BREATHE CLEANER AIR IN YOUR HOME

Homes with gas cooking appliances can be 2-5 times more polluted than the air outside because of nitrogen dioxide and other pollutants emitted from their stoves and ovens

Gas stoves have 50-400% higher NO2 concentrations than electric stoves (1)

PROTECT YOUR CARDIOVASCULAR AND RESPIRATORY HEALTH

Being exposed to even small amounts of nitrogen dioxide, which is emitted from gas stoves, has been found to increase cardiovascular and respiratory deaths.

In the Bay Area Air Basin, if all gas-fired appliances were replaced with electric alternatives, the cleaner air would save over \$1.2 billion annually in health costs. (2)



KEEP YOUR CHILDREN HEALTHY

Children are far more susceptible to developing illness associated with air pollution which is why children living in a home with a gas cooking stove have a 42% increased risk of current asthma and a 24% increased lifetime risk of asthma (3)

COOK MORE PRECISELY AND AT HIGHER TEMPERATURES

When trying to cook at precise temperatures while maintaining a certain level of heat, electric stoves consistently outperform gas stoves (4).



STAY SAFE



Electric stovetops don't have an open flame nor do they pose the risk of gas leaks.

With an induction stovetop when there's no pan on the burner, nothing gets hot. No one can cause a fire or explosion by leaving the burner on by mistake (5).

WATCH CHEFS COOK WITH INDUCTION STOVES

Chef Nite Yun

<https://tinyurl.com/inductionYUN>

Chef Chris Cosentino:

<https://tinyurl.com/inductionCOSENTINO>

Chef Carlos Torres (in spanish):

<https://tinyurl.com/inductionTORRES>



(1) [Rocky Mountain Institute](#)

(2) [BMJ](#) ; [UCLA](#)

(3) [University Medical Center Utrecht](#)

(4) [Consumer Report](#)

(5) [Mothers Out Front](#)