



# ENERGY STAR® Certified Electric Cooktops

## 2024 Key Messages

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#### Electric Cooktops - General

- **Saves Energy and Money:** ENERGY STAR certified electric cooking products are 18% more efficient, on average, compared to standard electric models – saving you energy and money.
- **Improved Air Quality:** Electric cooking products are not only more efficient, they're also better for indoor air quality compared to gas ranges because they avoid burning gas or propane, which are a source of air pollutants.
- **Easy to Clean:** Because electric cooktops offer a smooth, tempered surface, they're much easier to wipe down and clean compared to gas ranges.
- **Special Financial Incentives:** Take advantage of special incentives, including Inflation Reduction Act rebates, to help you save money on this upgrade, and prepare your home for the [clean energy future](#) - while enjoying energy savings and a more comfortable home, today.

#### Electric Cooktops - Induction

- **Safer to use:** Induction stoves are uniquely designed to directly heat your cookware – not the stove surface, itself – minimizing burn risks and fire hazards.
- **Faster Cooking:** Induction cooking offers the fastest cooking time out of all cooking technologies and can boil water in as little as 2 minutes.
- **Less mess:** Since induction technology directly heats your pot or pan instead of the cooktop surface, these ranges cook more precisely and evenly – which results in less splatter and burning than a standard cooktop.

### Why You Should Upgrade to an ENERGY STAR Certified Electric Cooktop

#### Electric Cooktops - General

- An electric cooktop that has earned the ENERGY STAR label has been independently certified based on testing in an EPA-recognized lab to meet strict energy efficiency standards developed by the EPA.
- An ENERGY STAR certified residential electric cooking product can save about \$70 in electricity costs over the life of the product, while avoiding 1,100 pounds in greenhouse gas emissions.

# ENERGY STAR® Electric Cooking Products

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- ENERGY STAR certified electric cooking products are available in a variety of styles, sizes, and functionalities, so you can find the product that is right for your home.
- Many ENERGY STAR certified cooking products include smart features that allow the cooking top to connect to a mobile app or other devices. Other common features include cookware sensors that generate heat based on the size and location of the cookware, control locks, and indicator lights for active heating and hot surface.
- ENERGY STAR certified electric cooking products are eligible for generous rebates from local utilities in various parts of the country, as well as rebates from state programs that were funded by the Inflation Reduction Act.
- Switching to electric cooking reduces your exposure to indoor air pollutants, which helps to improve the air quality in your home and provides health benefits.
  - Burning fuel (gas, propane) through cooking can release harmful carbon monoxide, nitrogen oxides, formaldehyde, and particulate matter, creating air pollution inside your home.
  - As noted on [EPA's Indoor Air Quality website](#), exposure to this indoor air pollution can increase the risk of certain health conditions, such as dizziness, headaches, asthma, and respiratory infections. Replacing your gas cookware with electric cooking appliances can reduce the amount of harmful emissions in the air and reduce your family's exposure to household air pollutants. Further, the American Lung Association found the following:
    - Appliances using combustion to create energy can increase asthma symptoms in children and other vulnerable populations.
    - Studies show consistent associations between higher pollution levels and detrimental respiratory effects in children, including worse lung function for children with asthma.
    - Indoor exposure to emissions from cooking on gas stoves can worsen asthma symptoms, cause wheezing, and result in reduced lung function in children, particularly in the absence of ventilation and for children living with asthma or allergies.

### Electric Cooktops – Induction

- When using induction, about 85% of heating energy is transferred to what is in the cookware compared to only a third of the heating energy when using gas cooking products.

# ENERGY STAR® Electric Cooking Products

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- Cooking with induction means quicker heat up times and better precision temperature control over cooking with gas, radiant, or coil. For example, boiling water with induction can take nearly half the time compared to gas, radiant, or coil.
- Induction heats up the cookware, so the cooking top surface will not be hot to the touch without a pot or pan in place. More of the heating energy is transferred to cooking and less heat is released into the kitchen, which can help keep kitchen temperatures lower compared to gas or standard electric cooking products.

### Buying Guidance:

- **Cookware:** Induction cooking tops require that you use compatible cookware but many pots and pans you already have in your kitchen may be compatible, such as cast iron, stainless steel, and enameled cast iron.
  - If you are unsure what your cookware is made of, you can check if your cookware is compatible with a refrigerator magnet. If the magnet sticks to the cookware, it will work with induction. If shopping for new cookware, many induction-compatible pots and pans will have an induction logo on the box if it is compatible.
- **Capacity:** If you are purchasing an electric cooking product that includes an oven, you'll want to take note of how much capacity the oven can hold. Most ovens included in electric ranges have a capacity of 5-6 cubic feet.
- **Functionality:** Are you looking to fully replace your cooking range? Or are you only interested in switching to an electric cooktop for your kitchen? You can choose between a slide-in range that will sit flush between your existing countertops, a freestanding range that can occupy a separate space in your kitchen, or a cooktop that fits into your countertop.
  - In addition to standalone electric ranges, some electric cooking products are sold as a cooktop/oven combo set, giving you the option to separate your cooktop from your oven. These choices allow you to select a product based on your aesthetic preferences and the space limitations of your kitchen.
  - Range width and cooking zones:
    - Space is a key factor to determining which product is best for your kitchen. Most cooking tops fall within 30 to 36 inches in width, though some products are outside of that range if you are tight on space or have a lot of room to spare.
    - Cooking tops will typically have four to six burners, depending on size.

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- Concentric cooking zones have the same center point and can be used for different sized cookware.
- Some have bridging elements that allow two or more heating zones to operate in unison to accommodate uniquely sized cookware such as griddle cookware.
- Some models offer other specialty zones such as simmering or power heating.