

Induction Cooking



Learn more about a better, safer, and sustainable method of cooking!

What is induction cooking?

Induction cooking uses electric current to heat pots through magnetic induction. This is different than thermal conduction, where a heating element such as an electric coil or a gas flame transfer heat. Through magnetic induction, heat is transferred directly to the pots and pans you use to cook with.



Benefits of induction cooking

Communities throughout Alameda County and the Bay Area are recognizing induction cooking as a precise and clean way of cooking.

Safety

Because magnetic induction uses electric current and not heat for cooking, your cooktop is only hot when there is cookware on it. The surface loses heat quickly when the pan is removed, so no more concerns about leaving the stove on!

Environment

Switching to induction allows you to cook emissions-free by using the clean, high renewable energy provided by East Bay Community Energy. As the State of California works to achieve 100% renewable energy, your cooking will get cleaner and cleaner.

Health

When you cook with a gas flame, you are combusting natural gas. Combustion emits indoor air pollutants such as carbon monoxide, which can be dangerous and aggravate asthma. Because there is no combustion when cooking with induction, carbon monoxide is not a concern.

Speed and Precision

Cooking with magnetic induction is much more efficient than cooking with thermal conduction. This translates to more control over the temperature your food is being cooked and faster times for heating up your food. A standard induction cooktop should boil 16 ounces of water in less than two minutes!

Image: Thor Kitchen, **5 Benefits of Induction Cooking**
*California Air Resources Board, **Indoor Air Pollution Cooking**



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Existing Pots and Pans

Because induction cooking relies on magnetic properties, not all cookware will be compatible. Cast iron pots and pans, or stainless-steel cookware with iron included in the alloy will work just fine. If you're not sure if your pan will work on an induction cooktop, put a fridge magnet on the bottom of the pan. If it sticks, it will work!

Learn More

Check in with your city about an induction cooktop loan opportunity. EBCE is working with each City within the service area to promote a clean and safer cooking option for our communities and our planet.

To know more about City of Hayward's induction loan program, please contact ??

Induction Cooking 101

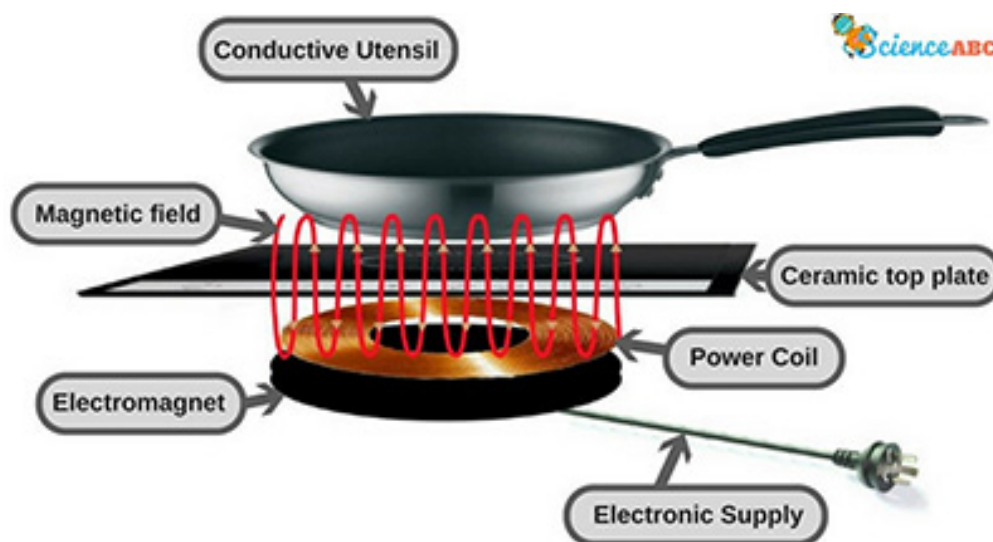


Image: Scienceabc.com, [How does an Induction Cooktop Work](#)