

## Choose a healthy stove

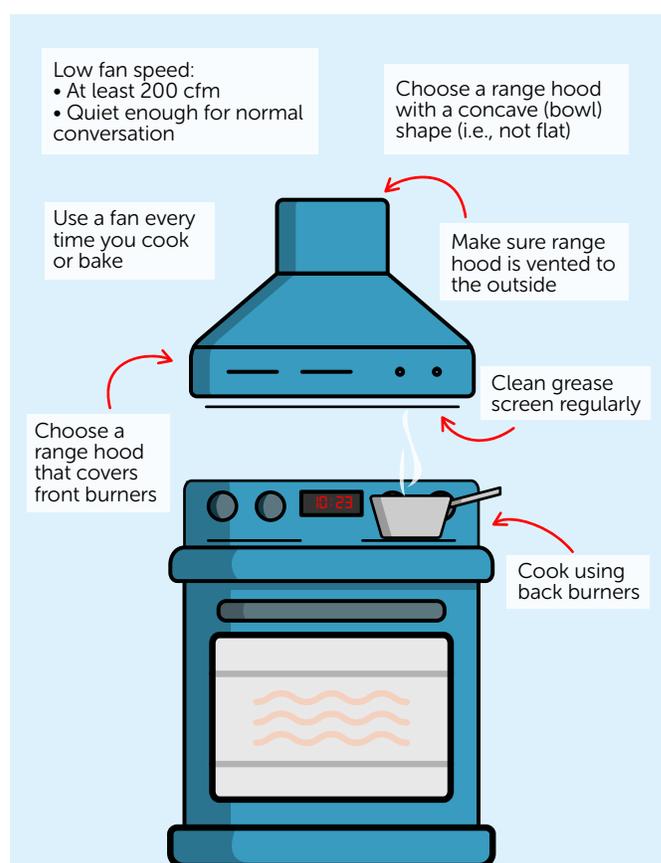
For the healthiest option, choose an electric stove over gas/propane.

- Combustion during gas cooking (on cooktop or in oven) pollutes indoor air with nitrogen dioxide, carbon monoxide, and formaldehyde. Gas cooking is associated with increased asthma and other respiratory illness.
- Want the speed and controllability of gas cooking, but avoid the drawbacks of combustion? Choose an electric induction cooktop!

## Ventilate right

Whatever your choice of stove, any cooking results in fine particle pollution, volatile organic compounds, and added moisture. That's where kitchen ventilation comes in!

- Min. 35 cfm continuous exhaust from kitchen area (recommend exhaust intake min. 6' from cooktop and MERV 7 or washable mesh filter for trapping grease) **PLUS** either:
  - ENERGY STAR® or equivalent (min. 2.8 cfm/W; max. 2.0 sones) range hood vented to outside, min. 100 cfm; dedicated makeup air required and interlocked with range hood controls **OR**
  - ENERGY STAR® or equivalent (min. 2.8 cfm/W; max. 2.0 sones) recirculating range hood with grease/charcoal filter
- Choose a range hood that overhangs the cooktop on the front and sides, and has a concave (bowl) shape
- Why ENERGY STAR®? It requires products to meet certain criteria for noise and efficiency.



## Resources

- The enhanced kitchen requirements are based on guidelines from ASHRAE 62.2, Passive House, and BSC Standard 01
- ROCIS range hood guidance document: <http://rocis.org/kitchen-range-hoods>
- ENERGY STAR® Certified ventilating fans product finder (select "range hood" filter): <https://www.energystar.gov/productfinder/product/certified-ventilating-fans/results>