Kitchen Ventilation
in your Efficiency Vermont Certified High-Performance Home

Efficiency Vermont

Choose a healthy stove

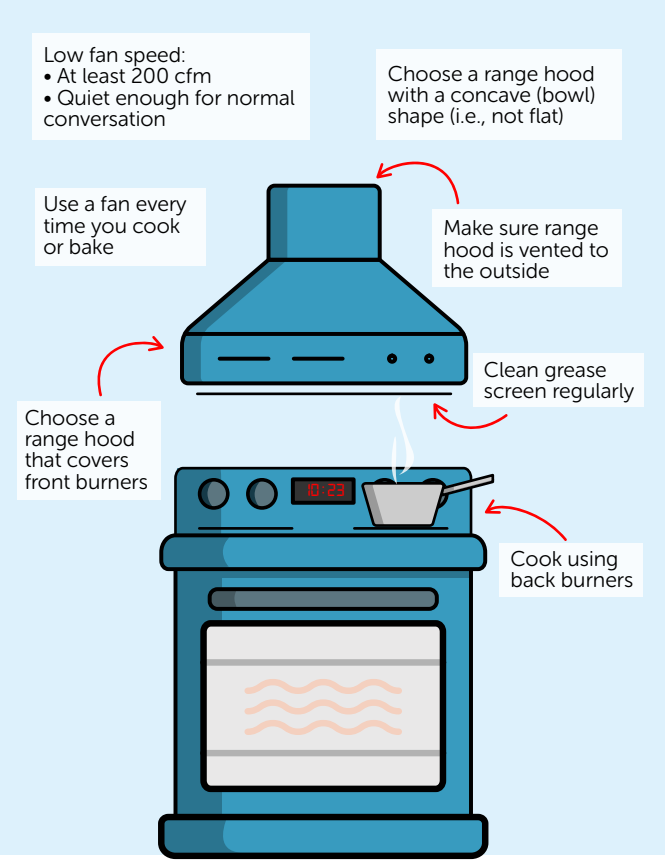
For the healthiest option, choose an electric stove over gas/propane.

- 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!

- Enhanced kitchen ventilation is **required** for Efficiency Vermont Certified High Performance homes (but a great idea for any home):
  - 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