

COOL TIPS FOR SUMMER COOKING



Center for Community Health & Prevention



KEEP THE HEAT OUT AND COOL IN!

Open windows in the morning to let in the cool morning air, then close the blinds as the temperatures rise. Use fans for air circulation while cooking.



COOK WHEN IT'S COOL!

Consider using morning hours to prepare foods that require boiling water or using the oven.

USE SMALL KITCHEN APPLIANCES THAT DON'T PRODUCE EXTRA HEAT.

Try using appliances like slow cookers, microwaves, griddles, air fryers, and insta-pots instead of the oven.

EXPERIMENT WITH NO-COOK MEALS.

Try balanced options like salads, sandwiches and snack boards.

AIM FOR SIMPLE MEALS THAT DON'T REQUIRE LENGTHY PREP, AND PROTEINS THAT COOK QUICKLY.



Fish, beans, thinly-sliced meats or pre-cooked proteins are great options.

SCALE UP!

When you do need to use the oven or boil water, consider making large batches that you can have over several days.

COOK OUTSIDE WHEN POSSIBLE.

Use the grill for proteins and veggies. Make a big batch for leftovers!