

Fact 6

Large-volume kitchens (>45 m³) exhibit approximately 30% lower carbon dioxide levels and 3-times higher ventilation rates than small-volume kitchens (<5 m³) because they allow cooking emissions to disperse more effectively.



Small-volume kitchens accumulate particulate matter and carbon dioxide concentrations more quickly than larger-sized kitchens because there is less space for dispersion.

Home Occupants



- If there is a choice, choose a home with a large kitchen.
- If a small kitchen is inevitable, install an extraction fan/hood to improve the volume of mixing air and minimise daily exposure.
- Open the windows and doors during cooking.

Local Councils



- Promote the benefits of larger volume kitchens with large windows (and possibly balconies) to dissipate cooking fumes and improve indoor air quality.
- Create an easy-to-follow best-practice guide for homeowners to improve ventilation and air quality in kitchens.
- Provide a standard code for builders and/or homeowners for kitchen design during new construction or when retrofitting existing homes.

Builders & Homeowners



- Dedicate larger floor areas for kitchens in new homes or design higher ceilings to increase kitchen volumes.
- Ensure kitchens have large windows, doors, and/or balconies for improved ventilation and exhaust dissipation.
- Install the stove/oven close to the window to increase the rate of dissipation of fumes.



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