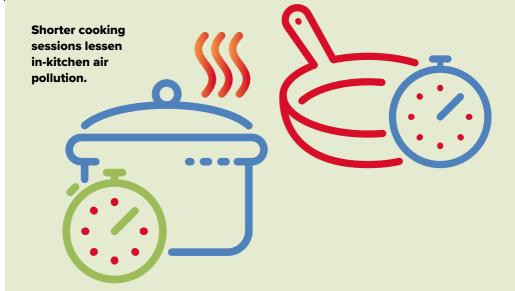
Fact 2



Choose recipes and meals that take less time to cook to reduce overall in- kitchen pollution.

Home Occupants



Minimise cooking time by choosing simpler recipes and meals that involve less grilling and frying.

Builders & Homeowners



Include a safety sheet in kitchens that recommends healthy and safe cooking practices, such as reducing cooking duration when possible.

Local Councils



- Promote the benefits of simple, fast, healthy cooking and vegetarian diets.
- Promote and provide training in the use of devices such as pressure cookers and rice cookers, which can reduce cooking times, especially for lentils, beans, meat and rice.



