

## Fact 2

**Shorter cooking sessions lessen in-kitchen air pollution.**



**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.

