

# DBC Eco Church Newsletter

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July/August 2024

## Welcome to our Newsletter.

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## Air Fryers

Many of us now own an air fryer and they are certainly very useful and a good way of saving electricity. But how do you get the most out of an air fryer and how to keep it clean.

Air fryers might be time-saving appliances, but they need more cleaning than ovens do. In fact, if you want to keep your appliance in a top shape for as long as possible, you should give it a quick clean after every use.

Cleaning straight away or the same day makes all the difference, otherwise chunks of old food and grease accumulate, and will eventually burn in the basket if fried repeatedly and affect the taste of your food. Not cleaning your air fryer often enough may also impact its performance and shorten its lifespan.

If your air fryer isn't too messy after you use it, you should at least wipe out any liquid grease using a paper towel.

There's no need to deep clean the appliance after every use, but you should deep clean it at least once a month or after every five to seven uses, depending on how much oil you use and how messy the food is.

Invest in silicone liners for your air fryer which are much easier to wash after every use and can be put in the dishwasher.

### **Deep Cleaning your Air Fryer**

Let your air fryer cool down before removing the basket and any other removable components.

Wipe away oil with a paper towel and clean all parts with warm water using a non-abrasive

sponge and washing-up liquid. Let all parts dry while you tackle the inside of the appliance.

### **Clean the interior but don't skip the heating element**

As during the quick clean, use a damp cloth or a gentle sponge and wipe away any oil or food residue from the interior walls.

Next, find the heating element of your air fryer: it's usually located at the top inside the main unit. With most models, you'll need to turn the air fryer over to access the heating element more easily.

Air fryer manufacturer Ninja suggests using a damp cloth or sponge to wipe down the element to prevent deterioration over time, but avoid using too much water. A small brush will also come in handy if you're trying to reach bits grease and food particles sticking to it.

Let all the components air dry once they're clean.

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### **Cut your laundry costs by £150 this year**

(From Which Sustainability Newsletter)

From washing and drying to the type of laundry detergent you use, find out what cost savings you can make with a few quick and easy changes.

Which have tested a range of washing machines to see how washing at lower temperatures affects cleaning and energy use.

On average, switching from 40°C to 30°C saved 38% energy and washing at 20°C saved 62%.

The average washing machine costs about £54 a year to run four washes a week, so dialling down to 30°C would shave £21 off of this while washing at 20°C will cut that cost by £33.

## Tips for effective cleaning at lower temperatures

- Set your machine to wash at 30°C or 20°C.
- Switch to a liquid laundry detergent. We found that tough stains lifted more easily with a liquid than a powder at 30°C and 20°C.
- Pre-treat tough stains with diluted detergent for the best chance of removing them.
- Run a monthly hot maintenance wash (60°C with the machine empty and washing machine cleaner in the detergent tray)

## Maintain Your Tumble Dryer

- Find the lower filter at the bottom of the dryer – it's a sponge that sits in front of the heat exchanger (the condenser) and can be hidden behind a flap. You might need to push two small levers inwards to unlock it.
- Remove the lower filter, taking out any larger pieces of fluff and hair from the heat exchanger.
- Rinse the lower filter and (if it's removable) the heat exchanger under a cold tap until they're completely free of any dust or debris.
- Make sure the filter is completely dry before you insert it back into the machine.
- If you can't remove the heat exchanger, brush any fluff away.
- Only begin cleaning the lower filter when the dryer has cooled down from its last drying cycle.

If you're in the market for a new dryer, you could save as much as £100 a year in running costs by choosing an energy-saving heat pump tumble dryer rather than a less-efficient condenser model.

**Stop doing small daily washes – total saving £9.00**

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## Everyday Plastic – Plastic Free July

As the summer sun shines bright (at long last!), Everyday Plastic invite you to join in a movement that can help safeguard our planet's future. This coming week marks the start of **Plastic Free July**, a global initiative challenging us all to reduce our single-use plastic waste for an entire month.

Sounds easier said than done, right? Well, luckily we're here to help you get started and get involved with easy, affordable, and impactful swaps to help make a positive change for Plastic Free July and beyond.

## Easy changes you can try right now!

- **Choose loose!** Ditch pre-bagged fruit and veg and opt for loose options wherever possible.
- **Refillable bottles:** Instead of buying water and other plastic-packaged drinks, carry a refillable bottle with you when you're out on the go.
- **Reusable bags:** Keep a stash of reusable fabric bags in your car or by your front door to avoid needing plastic bags when you shop.
- **Bring your own container:** When ordering takeaway or buying from a deli, bring your own container to reduce single-use plastic packaging.
- **Switch to soap bars:** Use soap bars instead of liquid soap in plastic bottles for washing your hands and in the shower. You can also get bars of shampoo in some stores.

For more ideas check out [www.everydayplastic.org](http://www.everydayplastic.org)

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## Dronfield Baptist Church Freecycle

Just send me an email – [margaret.keen@talk21.com](mailto:margaret.keen@talk21.com) with details of what you would like me to include with a photo and any relevant sizes etc. and I will include it in the next Newsletter.

**Have a great summer and enjoy our wonderful creation. Look out for our next newsletter in September.**