

Fact 1

Frying is the most particle-emitting activity that can contribute to more than 50% of the total harmful fine particulate matter emissions during cooking.



Adopting best practices that improve in-kitchen air quality, especially during frying, can significantly reduce occupants exposure to fine particulate matter emissions during cooking.

Home Occupants



- Improve ventilation during frying by opening the doors and windows and switching on the extraction fan (if available).
- Use air fryer where feasible to replace frying.
- Reduce the amount of food fried during cooking.
- Use alternative cooking methods such as steaming or oven roasting (where ovens are available and affordable) and increase the consumption of raw foods, when deemed safe.
- Protect your family and friends by keeping them out of the kitchen when you are frying so they inhale fewer damaging emissions.

Builders & Homeowners



- Install an extraction hood directly over the stovetop.
- Install a smoke alarm or carbon dioxide monitor to warn of pollution build-up.
- Ensure proper exit of exhaust emissions to avoid their re-entry to other nearby houses.

Local Councils



Spread awareness of the health effects of indoor air pollution, emphasising the importance of adopting best ventilation practices and reducing the use of high particle-emitting activities such as frying.



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