

# Workshop: Save energy in the kitchen

**Promotional text for use in your internal newsletter or on your intranet**

## **Register now: Save energy in the kitchen workshop**

Discover how to save energy, reduce your carbon footprint, and cut costs in the kitchen. In this practical workshop from [Home Energy Scotland](#) you'll learn:

- Why saving energy in the kitchen matters for your energy bills and the planet.
- How to understand and use energy labels when choosing appliances.
- Smart tips to save energy while cooking, cooling, and freezing food.

By the end of the session, you'll understand simple, actionable behaviours to make your kitchen more efficient and environmentally friendly. Here are the details:

WHERE: **[Location / Online]**

DATE:

TIME:

**[Insert your internal CTA link to register here]**