

How to Decrease the Risks of Cooking With a Gas Stove

A Message from New York Clinicians for Climate Action and the New York State American Academy of Pediatrics

More than one-third of American households use a gas stove for cooking and many cooks prefer gas stoves over electric stoves. Fumes from gas stoves, however, can be hazardous to health. Gas stoves can release nitrogen dioxide (a gas that irritates the respiratory tract), benzene (a cancer-causing agent) and other chemicals that cause air pollution. Studies show that using a gas stove increases the risk of lung disease and asthma, especially in children.

Using gas stoves also affects the health of the planet. Gas stoves release greenhouse gases — this contributes to climate change.

What can we do to decrease the risks to health and to the planet?

- Ventilate! If you have an exhaust fan that vents to the outside, turn it on every time you use the stove top. An exhaust fan works best for back burners. Opening a nearby window during and after cooking may help.
- Consider using your gas stove less often. Use an alternative electric appliance, such as an air fryer, toaster oven, portable induction burner or microwave, whenever possible. You can boil water with an electric kettle or in a microwave.
- Use an air purifier with a HEPA filter if available.
- Never use a gas stove to heat your home or apartment.
- When it comes time to replace your stove, consider getting an electric stove as an alternative.



Questions or Comments:

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