

Induction Cooking

Induction cooks faster and safer, with better control and easier cleanup, while fighting climate change and improving your indoor air quality.



Let's talk about gas stoves



Bad for your health

Gas stoves emit toxic gases into your house that can cause asthma and other respiratory problems. Gas stoves also leak methane, often containing benzene, even when they're turned off. Benzene is linked to cancers like leukemia.

Bad for our climate

Gas stoves emit carbon dioxide and methane into the atmosphere which are the drivers of climate change.

Rebates & Tax Credits

- Low and moderate income up-front rebate up to \$840 (available 2026)



www.electrifypdx.org

How does induction work?

Induction cooktops create a strong magnetic field that excites the electrons in your metal pan, creating heat. The pan gets hot to cook your food, but the glass surface stays cool.

What kind of pans will I need?

All iron pans work, including cast iron and enamel or ceramic coated iron. Most stainless steel works. Aluminum, copper and glass work only if the manufacturer has added an iron or steel plate to the bottom. Check your pans by holding a magnet to the bottom—if the magnet sticks, the pan will work.

How do I get started?

If you currently have an electric range or a gas range with an electric oven, it is a simple swap out to upgrade to an induction range. If you have an all gas range, you will need a 240V dedicated circuit installed by an electrician. Read reviews to find an induction range or cooktop that meets your needs.

FASTER

Induction boils water twice as fast as gas.

PRECISE CONTROL

Change temperature virtually instantly.

ENERGY EFFICIENT

Just the pan is heated, so very little heat is wasted. 85% efficient, while gas stoves are only 32% efficient.

HEALTHIER

No toxic gases emitted into your home.

SAFER

No flame and little residual heat, and no chance of a gas leak.

EASY TO CLEAN

Smooth, easy to clean ceramic glass surface, and no hot burner onto which food can burn and stick.