



Four Ways to Save Energy in the Kitchen

Ah, the kitchen. It's undeniably one of the most-loved rooms in our homes. It's where we gather with family and friends for our favorite meals and memories. But like most of us, you probably aren't thinking about saving energy when you're planning that perfect dish. Here are four ways you can save energy in the kitchen with minimal effort:

When possible, cook with smaller appliances. Using smaller kitchen appliances like slow cookers, toaster ovens and convection ovens is



more energy efficient than using your large stove or oven. According to the Department of Energy, a toaster or convection oven uses

one-third to one-half as much energy as a full-sized oven.

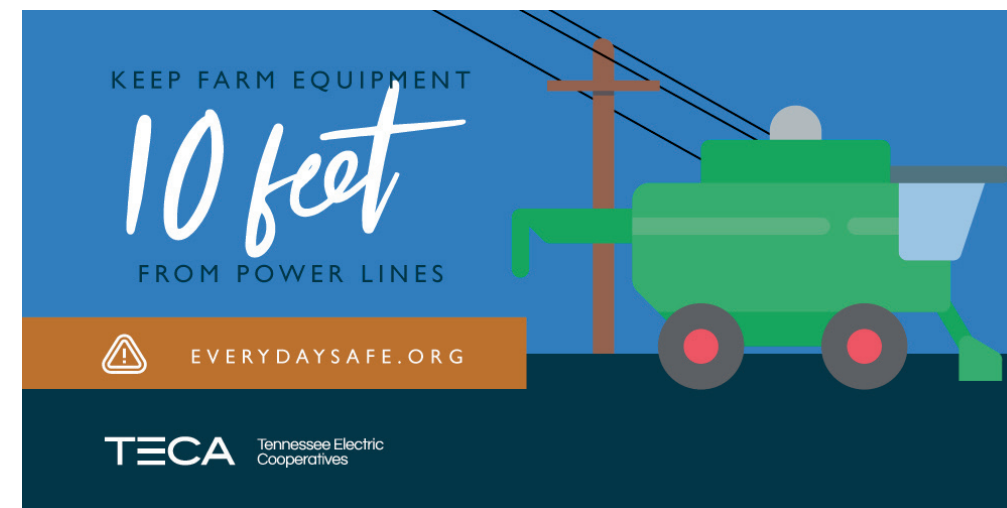
Unplug appliances that draw phantom energy load. It's possible you have energy vampires — appliances like coffee makers, microwaves and toaster ovens that draw energy even when they're not in use — in your kitchen. The Department of Energy has estimated that one home's energy vampires left plugged in year-round can add up to \$100-\$200 in wasted energy costs. Unplug them when they're not in use, or, better yet, use a power strip for convenient control.

Help large appliances work less. There are small ways you can help your larger kitchen appliances run more efficiently. For example, keep range-top burners clean from spills and fallen foods so they'll reflect heat better. When it's time to put leftovers in the refrigerator, make sure the food is covered. And allow it to cool down first so the fridge doesn't have to work harder to cool warm food.

Use your dishwasher efficiently. Only run full loads, and avoid using the "rinse hold" function on your machine for just a few dirty dishes; it uses 3 to 7 gallons of hot water with each use. You can also save energy by letting your dishes air dry. If your dishwasher doesn't have an automatic air-dry switch, simply turn the dishwasher off after the final rinse and prop the door open so the dishes will dry faster.

Bonus tip: The best way to save energy is to not use it. Try a tasty, no-bake dessert recipe. Your sweet tooth (and energy bill!) will thank you.

By slightly adjusting a few of your habits in the kitchen, you'll be well on your way to energy savings.



Rody Blevins
President/CEO
Volunteer Energy
Cooperative

Conveners of the Common Good

When people think of October, fall and Halloween usually come to mind. But October is notable for another reason — it's National Co-op Month. This is the time of year when cooperatives across the country, including Volunteer Energy Cooperative, celebrate who we are and more importantly, the members we serve.

Cooperatives are different than other types of businesses. When the market declines to offer a product or service, or does so at a very high price, co-ops intervene to fill the need.

Similar to how VEC was built by members who came together to bring electricity to our community, cooperatives are conveners of the common good. Your electric co-op exists to provide safe, reliable, and affordable energy to you, the members of the co-op. Equally important is our mission to enrich the lives of the members we serve.

As a co-op, we are well-suited to meet the needs of the community because we are locally governed. VEC's leadership team and employees live right here in the community. Our board of directors, who helps set long-term priorities for the co-op, live locally on co-op lines. These board members have been elected to the position by neighbors like you.

We know our members (that's you) have a valuable perspective. That's why we are continually seeking your input. Whether through community events, our social media channels or our annual meeting, we want to hear from you.

Our close connection to the community ensures we get a first-hand perspective on local priorities, thereby enabling us to make more informed decisions on long-term investments such as high-speed internet, community solar programs, and equipment or technology upgrades.

Another feature that sets our co-op apart from a traditional utility is one of our core principles, "Concern for Community." This month we will be participating in the Tennessee Electric Co-op Day of Service, an annual opportunity for us to give back to the communities we serve. We participate in the Electric Cooperative Youth Tour, where we take our community's brightest young people to Washington, D.C. for a week-long immersion to experience democracy in action.

Ultimately, the larger community benefits from these programs because of you and your neighbors. You empower the co-op through

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VEC Customers Shares is a grant program funded through the rounding up of member's bills to the nearest dollar. The most an individual member would pay within a year is \$11.88. Our members' yearly average is usually about \$5.50 each.

In return for the rounded up change from our members, we contribute to organizations across our 17 county service area. Each month the VEC Customers Share Board meets and distributes the funds collected in the previous month. A board member represents every service area. In August, VEC Customers Share Grants totaled \$24,000.

The Rhea County Health Council is a nonprofit organization in Rhea County, Tennessee. The grant money they received (\$1,000) will help them provide back to school supplies for students in Rhea County. "Without this grant, we would not be able to provide the amount of supplies to each student," said Angie Drake, Administrative Assistant of United Way of Rhea County.

Since the inception of the program in October 2001, VECustomers Share members have awarded over \$7.3 million in grants. The deadline for grant applications is the last working day of each month. For additional information, contact the Office of Marketing and Economic Development at 423-334-7051. Applications are also available online at www.vec.org.



VECcustomers Shares Rhea County and Bledsoe County Board member Gary Gillmore (left) presented a check to Angie Drake, Administrative Assistant of United Way of Rhea County.

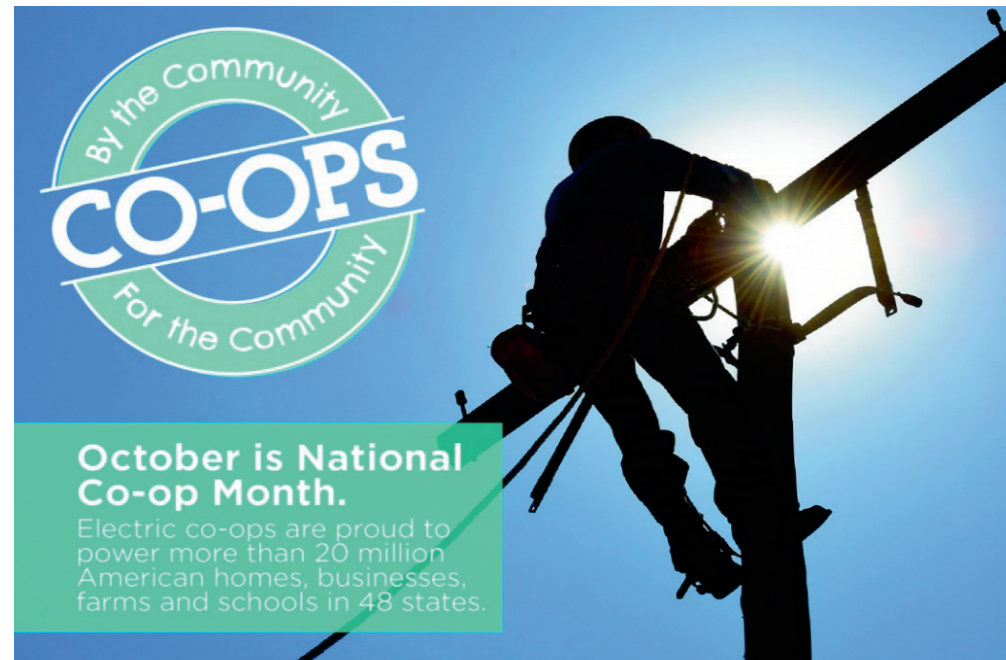
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your membership and through your participation in and support of these programs.

We hope you will think of Volunteer Energy Cooperative as more than your energy provider, but instead as a local business that supports this community and powers economic development and prosperity for the people.

We will continue to learn from our members about their priorities so that we can better serve you – because your electric co-op was built by the community, for the community.



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Organizations receiving grants in August

Mark Twain FFA Chapter	\$1,500	Homestead Elementary School Basketball	
Hamilton County S.T.A.R.S.	\$1,314	Booster Club	\$750
Friends of the Monterey Branch Library	\$1,250	Highway 58 Volunteer Fire Department	\$686
The Cumberland County Playhouse	\$1,220	Cumberland County Imagination Library	\$680
United Way of McMinn & Meigs Counties	\$1,200	Lake Forest Middle School - STEM Program	\$500
Polk County High School Basketball	\$1,200	Toys for Children	\$500
Rhea Alliance	\$1,000	Girls on the Run of Southeast Tennessee	\$500
Rhea Health Council - RETC	\$1,000	Art Circle Public Library	\$500
Midway Youth Cheerleading Organization	\$1,000	Decatur Civitan Club	\$300
Midway Quarterback Club	\$1,000	Meigs County High School Volleyball Team	\$250
Friendly City Festivals	\$1,000	Foundation House Ministries	\$250
First Christian Church/Byrdstown Grief Support Group	\$1,000	Meigs County High School Golf Boosters	\$250
Fleet Reserve Association (Branch 294)	\$850	Iglesia Cristiana Un Nuevo Comienzo Para Todos	\$250
Pickett County Historical & Genealogical Society	\$800	Walker Valley High School Softball	\$250
Monterey High School Golf Boosters	\$750	Ocoee Middle School Softball	\$250
Meigs County Retired Teachers	\$750	Meigs County Decatur Chamber of Commerce-Downtown Christmas	\$250
C5 Christian Counseling Center of Cumberland County	\$750	Frank G. Clement Fraternal Order of Police Lodge #38	\$250

Tennessee Valley Authority

Residential & Outdoor Lighting Fuel Cost Adjustment Effective

September 1, 2021

1.953¢

For the most current FCA information, visit www.vec.org

Volunteer Energy Cooperative is an Equal Opportunity provider and employer.



2021 Annual Meeting Entertainment

The entertainment for the 2021 annual meeting will be hosted by the Cumberland County Playhouse.

Entertainment provided by the Cumberland County Playhouse's Triple Threat Education department - showcasing the importance and power of Arts Education in Rural Tennessee

Cumberland County PLAYHOUSE

sing · dance · act

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