

3-STEP WORKSHEET:

Create a start-up/ shut-down schedule



Want an easy way to save money with little extra work?

Don't turn on your equipment until you need it!

Most kitchen equipment only needs **20 minutes** to warm up, so save dollars by using a **start-up/shut-down schedule**.

JUST FOLLOW THESE THREE STEPS:

STEP 1

List your equipment and when/why you use each

Write down the following:

- What equipment you regularly use in the kitchen, particularly energy-intensive appliances, like:
 - Griddles (non-thermostatic)
 - Hot-top ranges
 - Ovens (conveyor, deck, and combination)
 - Pasta cookers
 - Steamers
- What to prep for pre-service cooking and setup
- When you're busiest and when service slows down

STEP 2

Energy and water are menu ingredients

Could you cook a beef hamburger without beef? Nope. You can't cook it without energy either. Think about how much energy and water go into your food preparation and **how** you can save on usage.

STEP 3

Implement and adjust your efforts

Work with your staff to ensure the program's success, and take their suggestions for improvement seriously. Roll out a pilot schedule and ask the employees for input. Listen to their suggestions and make adjustments as needed.

No one expects perfection the first time. Be sure to tell them how much money they saved the restaurant and offer rewards for keeping the bills low.

WHY SHOULD YOU CARE?

Running equipment unnecessarily is pricey. A 3-foot under-fired charbroiler can cost as much as \$1.70 an hour to operate, or **\$7,344 per year**.

Source: Food Service Technology Center

QUICK TIP

When using both modes at the same time, combination ovens can cost up to **twice as much to operate**. Follow the manufacturer's recommendations and use the combination mode as needed.

THAT'S IT!

Get started with this easy way to save, and let us know how it goes at:

Conserve@restaurant.org

CHEW ON THIS

Here is an example of a start-up/shut-down schedule from Shari's Café and Pies, headquartered in Oregon, with nearly 100 locations and open 24-hours a day, 365 days a year.

Note the savings numbers and savings equivalents (i.e., slices of pie, burger sales per week), helping chefs, servers and dishwashers understand **why** they are undertaking these efforts.

Shari's Easy Savings for Team Members



Because Shari's Cares, we're committed to reducing wasted energy and water every day.

YOUR TEAM CAN DO THEIR PART BY TAKING THESE EASY ACTIONS EVERY DAY.

What?	When?	Why? <small>Savings/Year</small>
Turn Off 2 nd Cook Line	During graveyard hours*	\$1,890
Turn Off Broiler Burners <small>Don't use less than 4 burners or proper temps won't be maintained</small>	During non-peak and graveyard hours*	\$640
Reduce Dipperwell Flow	When the flow is more than needed to refresh	\$915
Turn Off Dipperwells	During slow periods	\$360
Turn Off Egg Burners	When eggs are not being cooked consistently	\$90 <small>Per hour/Day</small>
Load Racks Completely and only Wash Full Loads	Always	\$175 <small>5% rack reduction includes chemical savings</small>
<u>DO NOT</u> force thaw under running water	Never. All thawing should be done in the walk-in refrigerator	\$50 <small>Per hour/Week</small>
Turn off Lighting in BOH Rooms	You're the last to leave a BOH room	\$25 <small>Minimum</small>
Total Savings		\$4,145

THE AMOUNT WE SAVE IS THE SAME AS SELLING 320 SLICES OF PIE OR 80 BURGERS EACH WEEK!!!!

BLUE PLATE SPECIAL



Here is a second example of a start-up/shut-down schedule for a **hypothetical** full-service restaurant serving lunch only. Adapt it to your own restaurant schedule using the blank grid on the flip side.

Start-up prep shift

(Enter your savings here)

8:00 a.m. Turn on back-of-house lights, minimal front-of-house lighting and exhaust hood

8:15 a.m. Begin prep work, run dish machine(s) and ranges as needed

8:30 a.m. Turn on convection oven if necessary

Start-up lunch shift

10:00 a.m. Lunch cooks arrive, start prep
Turn on steam tables to hold prepped hot foods and one fryers (leave second fryer off for now)

10:30 a.m. Turn on remaining front-of-house lighting and HVAC — at 72° F to 74° F at all times

10:45 a.m. Turn on rest of equipment: heat lamp, broiler, second fryer, griddle, etc.

11:00 a.m. Begin lunch service; switch on OPEN sign, TVs, etc.

Shut-down

1:45 p.m. Depending on volume, consider shutting down half of the broiler and griddle, one fryer and heat lamp

2:15 p.m. When ready to close lunch service, turn off all equipment, OPEN sign, FOH lighting, HVAC, televisions and radio

2:45 p.m. After cleanup, turn off exhaust hood and check all faucets are off, including in bathrooms

