

## Media Enquiries

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# Electrolux Professional Can You Taste Stress? Fact Sheet

## *About Taste the Stress*

Negative stress has become an accepted norm in professional kitchens, and numbers show that the industry suffers as a result. To test if stress is really indispensable to chefs, Electrolux Professional carried out a social experiment with two teams of chefs preparing the same menu but with different equipment and stress levels. In the end, guests ranked the teams' food as equally delicious – **proving that stress isn't a necessary ingredient to create great tasting food.**

- Negative stress has become an accepted norm in professional kitchens.
  - 44 percent of chefs in the U.S. have been on sick leave due to stress
  - 55 percent of chefs have used, or considered using prescription drugs to calm down after a stressful day of work
  - 79 percent of chefs experience negative stress at work at least once a week
  - 80 percent of chefs agree that modern and efficient equipment helps to decrease their stress levels
- Electrolux brought together two teams of chefs – one using Electrolux Professional Cook&Chill system, one using traditional restaurant appliances.
- Data from the teams' heart rate monitors showed that chefs using traditional restaurant appliances were more stressed.
  - They spent twice as much time close to their maximum heart rate than the team using the Electrolux Professional equipment.
  - They took 2,000 more steps per chef than the Electrolux Professional team.
- Electrolux had 200 guests rank the food on taste, presentations, temperature and price. The findings showed guests ranked the plates equally delicious, proving stress isn't a necessary ingredient.
- Watch the video of the experiment here: <http://bit.ly/TastetheStress>

## ***Electrolux Professional at NAFEM 2017***

In addition to the debut of Taste the Stress, Electrolux Professional is unveiling new product innovations at the 2017 NAFEM show, including:

- Electrolux Professional's first-ever connected device, Speedelight, which is a high-speed cooking platform to deliver a variety of tasty grab-and-go food that is perfectly cooked and perfectly crisp in under a minute
- Additionally, they will debut a new Thawing Cabinet which offers a safe, HACCP approved way of thawing frozen food.
- Electrolux Professional will also spotlight its Rethermalizer – a quick-serve solution for bringing food up to temperature rapidly that's designed especially for use in a small footprint