

Save Water!

Water-saving tips from [H₂OConserve.org](http://H2OConserve.org)

In the kitchen...

Doing Dishes

Dishwashers almost always use less water than washing by hand, especially if they're energy-efficient models. Just make sure to only run the dishwasher when it's completely full.

When washing dishes by hand, don't leave the water running the whole time. Just use a little to get your sponge soapy and wet, then turn it off until you're ready to rinse a bunch of dishes all at once.

Scrape dishes into the trash rather than rinsing. Newer dishwashers don't even require pre-rinsing.

Use the garbage disposal less and the garbage more (or even better, start composting!).

When washing dishes by hand, use the least amount of detergent possible - this minimizes the water needed for rinsing.



Cooking

Wash vegetables and fruits in a large bowl or tub of water and scrub them with a vegetable brush - your faucet is not a power-washer!

Think ahead! Don't use water to defrost frozen foods. Instead, leave them in the fridge overnight.

Boil food in as little water as possible to save water *and* cooking fuel. You just need enough to submerge your pasta and potatoes, and with less water you keep more flavor and nutrients in your veggies.

Use the water left over from boiling to water your plants (just let it cool down first!).

If you're planning on steaming veggies to go along with rice, potatoes or pasta, put your vegetable steamer right on top of the starchy foods you're boiling. You'll save water, dishes *and* space on your stove.

Drinking Water



Keep a bottle or pitcher of drinking water in the refrigerator instead of running the tap to cool it each time you want a drink.

Always choose tap water over bottled - it takes about 1.5 gallons of water to manufacture a single plastic bottle.

