



## SAVING WATER IN THE KITCHEN

**The kitchen is a major consumer of water in the home, used for cooking, cleaning and drinking. Read our tips for saving water in the kitchen below!**

### Dishwashing

- Only use the dishwasher when you have a full load. Half loads are neither water nor energy efficient.
- The dishwasher can be the biggest consumer of water in the kitchen. Installing a water efficient model will save you water.
- Use short cycles for all but the dirtiest of dishes in your dishwasher.
- When washing dishes by hand, try not to rinse them under a running tap. Fill a second sink or bowl with rinsing water.
- Use washing up liquid sparingly. This will reduce the amount of rinsing required when washing by hand.

### Food & Drink

- When boiling food, such as vegetables, use just enough water to cover them and keep the saucepan lid on. Your food will cook quicker and it will save water and energy.
- Use a bowl of water when preparing fruit and vegetables instead of running the tap.
- Don't use running water to defrost frozen food.
- Fill a jug of water for drinking and place in the fridge. This will save water when running the tap waiting for it to go cold. The water should be replaced at least every 24 hours.

### Washing Machine

- Only use your washing machine when you have a full load. Half loads are neither water nor energy efficient.
- The washing machine can be a big user of water. Installing an efficient model will save you water and energy.