

Using Water More Efficiently in the Kitchen & Laundry



About 8 percent of the water used at home takes place in the kitchen. That may not seem like a significant amount, but when it is wasted, it is simply dollars down the drain. Concentrate on developing a new mind-set about using water more efficiently...and this can start in the kitchen.

- ◆ When purchasing new appliances, check the water requirements of various models and brands. Some use less water than others.

- ◆ Scrape the dishes clean instead of rinsing them before placing them in the dishwasher.

- ◆ Use the garbage disposal sparingly, too. It takes a lot of running water to operate. Consider starting a compost pile -- that will help your garden, as well.

- ◆ Fill a pan of water -- or put a stopper in the sink -- for washing and rinsing pots, pans, dishes, and cooking implements rather than just letting the water run.

- ◆ Only run the dishwasher with a full load. This saves water, energy, detergent and money.

- ◆ Keep a container of drinking water in the refrigerator. Running water from the tap until it is cool enough to drink is wasteful.

- ◆ Use a small pan of cold water when cleaning vegetables rather than letting the water run over them.

- ◆ Use less water for cooking. Not only does it save water, but also food is more nutritious when the vitamins and minerals are not “boiled” out of them and poured



down the sink.

- ◆ Avoid doing wasteful things like making a huge pot of coffee if you're only going to drink one or two cups -- or throwing away a glass full of ice after you drink the water. Why not pour it on a parched house plant on the window sill instead? These things may not seem like much, but they add up over time.

- ◆ Did you know that doing the laundry requires about 14 percent of the water used at home? In fact, 32 to 59 gallons of water are required for each washing machine load.

- ◆ Wash only full loads of clothes when



using your washing machine.

- ◆ Use the lowest possible water level setting on the washing machine.

- ◆ Use cold water whenever possible. This saves energy, too, and conserves the hot water for other uses. This is also better for most of today's fabrics. ■