

5 WAYS TO CONSERVE **WATER** IN THE KITCHEN

- 1. Use your dishwasher- it uses less water than washing dishes by hand. Make sure it is a full load before starting a cycle, and you will save up to 1,000 gallons a month.**
- 2. If you have to wash a few pots by hand rinsing, turn the water off when you are not rinsing. Better yet, instead of running the water while you scrub the pots and pans, soak them in soap and water.**
- 3. Use a designated water bottle or glass to refill all day, allowing you to cut down the number of glasses to wash.**
- 4. Wash fruits and vegetables in a pot of water rather than running the water over them. Defrost food in the refrigerator rather than running it under the faucet. Cook food in as little water as possible to conserve water and retain more nutrients.**
- 5. If you accidentally drop ice cubes, place them in a house plant instead of tossing them in the sink. You can collect the water you use to rinse your fruits and vegetables and use it to water house plants too.**