

### ***Tips for the Kitchen...***

Thawing frozen food under the tap wastes water.

Take food out of the freezer early to allow plenty of time to thaw in the fridge.

Clean fruits and vegetables in a partially filled sink.

Steam your vegetables.

This uses less water than boiling while keeping more nutrients in the food.

Run your automatic dishwasher only when it is full.

Additionally, use the energy saver or shortest cycle to maximize water savings.

Don't let the tap run continuously.

When washing dishes by hand, fill the second side of the sink with rinse water.

Turn taps off tightly but gently so they don't drip.

Install an aerator attachment on your sink faucets.

Aerators reduce water use by 25% by creating a forceful stream at a reduced flow rate.

Never put garbage of any kind down the drain.

Cooking fat and greases, household cleaners, paints, solvents, pesticides and other chemicals can be very harmful to the environment and to your piping system.

Don't run the tap until water gets cold.

Instead, keep a pitcher of drinking water in the fridge. Rinse the container and change the water every few days.