

# Saving Water in the Kitchen



## AT THE SINK

- To clean fruits or vegetables, fill a bowl of water first instead of running the tap. You could save 50 to 100 gallons of water per month.
- Keep a container of drinking water in the fridge. You won't have to run the tap every time you want a drink of cold water, and you won't waste money on bottled water!



## WASHING DISHES

- Wash only full loads in the dishwasher. It costs exactly the same to wash one dish as a whole load.
- If the dishwasher has an air-dry feature, use it.
- Use energy-saving cycles whenever possible.
- Scrape, don't rinse. There's no need to pre-rinse plates before putting them in the dishwasher. Just scrape off any excess food.

## Measurements

**Dash = 1/8 tsp**

**3 tsp = 1 tbsp**

**2 tbsp = 1 ounce**

**4 tbsp = 1/4 cup**

**8 tbsp = 1/2 cup**

**16 tbsp = 1 cup**

**2 cups = 1 pint**

**4 cups = 1 quart**

**2 pints = 1 quart**

**4 quarts = 1 gallon**

**1 gallon = 16 cups**

**1 gallon = 8 pints**

**1 cup = 8 ounces**

**16 ounces = 1 pound**

mince

dice

chop