

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