



WATER CONSERVATION IN THE KITCHEN

- Don't let your faucet needlessly run while you're cooking. You're letting good water (as well as energy and money) run down the drain.
- Install a low-flow faucet on your sink. Conventional faucets flow at around 5 gallons per minutes, while low-flow faucets flow at 1.5 gallons per minute.
- Wash vegetables and fruits in a large bowl or tub of water and scrub them with a vegetable brush instead of using your faucet as a power-washer.
- Think ahead! Don't use water to defrost frozen foods. Instead, leave them in the fridge overnight.
- Boil food in as little water as possible to save water and cooking fuel. You just need enough to submerge your pasta and potatoes. Plus, with less water you keep more flavor and nutrients in your veggies.
- Use the water left over from boiling to water your plants – just let it cool down first!
- Put your vegetable steamer right on top of the rice, potatoes or pasta you're boiling to steam the veggies. You'll save water and have fewer dishes to wash later