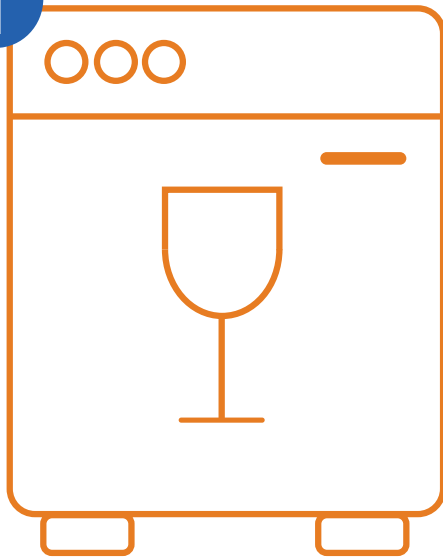


Water Conservation in Kitchens

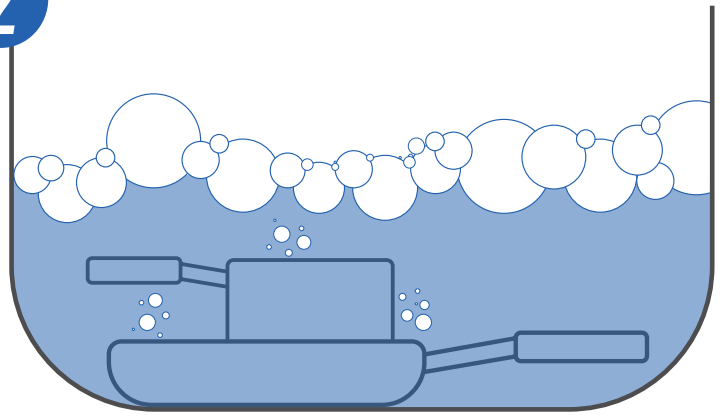
The average Canadian uses about 251 litres of water, and generates about 668 litres of wastewater each day.

1



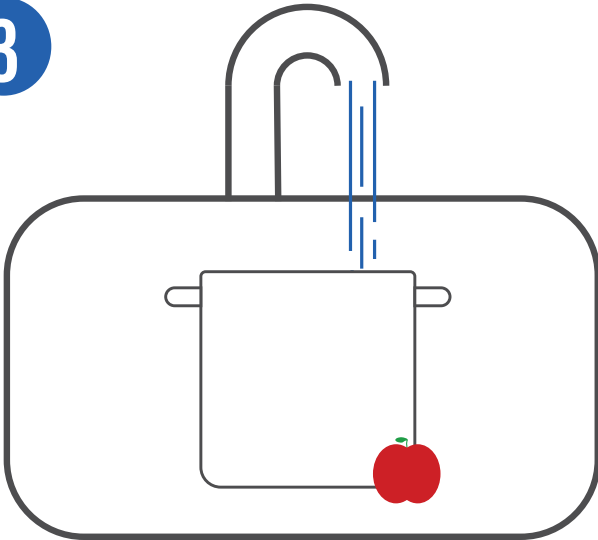
If you have a dishwasher use it over hand washing dishes. It uses less water than washing dishes by hand. Make sure it's a full load before running it, and you could save up to 3700 litres per month.

2



If you have to wash a few pots or pans by hand, turn the water off if you're not rinsing. Better yet, instead of running the water while you scrub pots and pans, soak them in soap and water.

3



Wash fruits and vegetables in a pot of water rather than running the water over them. Defrost food in the refrigerator rather than under the faucet. Cook food in as little water as possible. This also helps retain more of the nutrients.

4



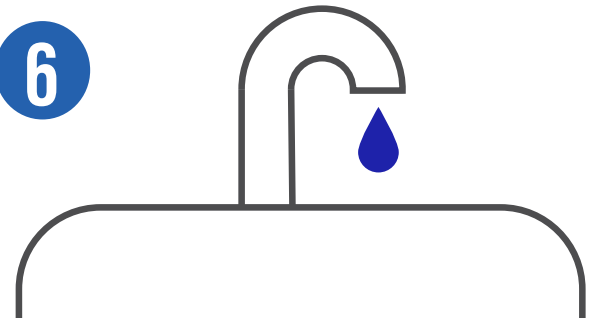
Use one water bottle or glass to refill all day to cut down on the number of glasses to wash per person.

5



If you accidentally drop ice cubes, don't throw them in the sink, place them in a house plant instead. You can collect the water you use to rinse your fruits and vegetables to use to water house plants, too.

6



Check faucets and pipes for leaks. Leaks waste water 24 hours a day, seven days a week.