

## Saving Water in the Kitchen

“Each time you turn on your dishwasher, garbage disposal, or kitchen faucet, you could be wasting several gallons of water,” said Raymond J. Raposa, executive director of the New England Water Works Association, the region’s oldest and largest organization of water works professionals.

Here are some simple but important ways to save hundreds of gallons of water in your kitchen each week.

- **Run your dishwasher only when full.**  
Automatic dishwashers consume the most water in the kitchen, about 12 to 17 gallons per load. Select dishwashing cycles that use the least number of washes and rinses.
- **Avoid unnecessary washing and rinsing before loading the dishwasher.**  
Most dishwashers don’t need prewashed dishes. Just scrape them clean and let the machine do the washing.
- **Select a dishwasher with water and energy conservation features when purchasing a new machine.**
- **Don’t leave the water running when washing dishes by hand.**  
Fill two basins or sinks with wash and rinse water. If you have only one sink, place all washed dishes in a dish rack and rinse with a spray device or panful of hot water.
- **Wash fruits and vegetables in a basin or stoppered sink – not under running water.**
- **Cook vegetables with a minimum amount of water.**
- **Thaw frozen food in your refrigerator, not under running water.**
- **Keep a pitcher of drinking water in the refrigerator instead of running water from the tap until it gets cold.**
- **Install aerators on your kitchen faucet to reduce water use.**
- **Insulate your hot water pipes and electric heaters.**  
Insulation reduces the time it takes for hot water to reach the tap, saving water and energy.
- **Use your garbage disposal sparingly.**  
Garbage disposals can waste water and energy. Compost food scraps or throw them in the garbage.
- **Look for and fix leaky faucets and pipes; replace worn washers; repair or replace leaky fixtures.**

For further information about saving water in the kitchen, contact:

Raymond J. Raposa  
New England Water Works Association  
508-893-7979 (business)  
617-969-9131 (home)  
617-694-8225 (cell)

Norine Bacigalupo  
978-851-8033 (business)  
978-851-9167 (home)  
978-394-0656 (cell)