

Water Efficiency in the Kitchen



THE CORPORATION OF THE CITY OF

ST. THOMAS

The water you use in your kitchen represents as much as 15% of your total indoor water use. The majority of our kitchen water waste stems from allowing the kitchen tap to run freely while we wash dishes, fruits and vegetables and clean surfaces. Following the simple water saving tips described within can add up to big water savings.

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Water Saving Tips for the Kitchen

- 1 Fully load your dishwasher and you may well use less water than by washing dishes by hand. If you do wash dishes by hand, partially fill one sink for washing and the other for rinsing. If you only have one sink, place washed dishes in a dish rack and rinse them all at once with a spray of water.



- 2 Use leftover dishwater to make a terrific organic bug spray for aphids, white flies and spider mites. Simply strain the water (to remove bits of food) and pour into a spray bottle. Spray on indoor and outdoor plants.
- 3 Wash fruits and vegetables in a partially filled sink or in a container of water instead of allowing water to run constantly. A quick final rinse should be all that is necessary. Save the rinse water for watering your plants.
- 4 Capture excess water in a container when you need to run the tap to provide an ample supply of water for indoor and outdoor plant watering.

- 5 Steam vegetables on the stove or in the microwave to reduce the amount of cooking water required.
- 6 Keep drinking water in the refrigerator in a covered container instead of running the tap waiting for the water to get cold. Every few days be sure to wash the container and change the water. Use leftover drinking water on plants or for cleaning.
- 7 Partially fill the sink or a container when cleaning the kitchen or rinsing cloths.



Faucet Aerators

Standard faucet aerators can use up to 16 litres of water per minute. Low flow aerators can curb water use by half or more. Low flow aerators are inexpensive, widely available at all hardware and plumbing supply stores and easy to install. Before purchasing, check that your faucet has screw threading on either the outside or inside of its mouth. If there is no threading, then you will also need a device called a “universal faucet adapter”.



Low Flow Swivel Aerator

Installing a Low Flow Faucet Aerator or Swivel Spray Tap

Tools and materials required:

- low flow aerator
 - universal faucet adapter (if required)
1. Unscrew the existing faucet aerator (it will have either inside or outside threading)
 2. Hand screw the aerator/spray tap, ensuring that the threads match before tightening

Note: Low flow aerators are adaptable to both inside and outside threading, though you may have to remove the washer that's included in the aerator, depending on the style of your faucet. It may be necessary in some cases to wrap the faucet threading with thread seal tape to stop leaks.

Do not install a low flow faucet aerator if:

1. The existing aerator will not remove easily by hand.
2. The threads are damaged.
3. The new aerator affects the hook-up of a portable dishwasher or water filter tap hook-up.



Low Flow Standard Aerator

Water Treatment Systems

Some home water filtration systems can also be water wasters. It's a matter of personal choice whether or not you invest in a home filtration system, but keep in mind some systems waste a lot of water. For example, reverse osmosis systems return only 10% to 20% of the water that flows through them. The rest goes down the drain.

Sink Garbage Disposal Systems

Sink garbage disposal systems grind up vegetable matter and with the aid of lots of running water send the slurry down the drain. Not only can these systems consume hundreds of litres of water each week they also increase the loading of the sewage treatment plants. The City's curbside compost collection system or the back yard composting of the kitchen wastes allows for the creation of soil conditioner for your gardens while saving money on your water bill.