

HOW TO WASH THE DISHES



WHY DO I NEED TO WASH THE DISHES?

They're going to have to be done eventually! And knowing how to do them properly means it'll take less of your time, so there are no unpleasant surprises later. People who keep their place tidy are also more popular in the long run. This assumes you don't have a dishwasher, though even if you do, some stuff must be handwashed.

WHAT?

Minimum time, maximum efficiency dishwashing.

IT'S OKAY TO...

- > not know what you want to do
- > get knocked into the pit
- > move faster or go slower
- > fail (as long as you tried)

WHAT YOU NEED

- > Dirty dishes
- > Detergent
- > Hot water
- > Dish scrubber, brush, or cloth
- > A sink
- > A dish drainer and / or a tea towel

Extras:

- > Washing up gloves

WHAT TO DO

- 01** Make sure the water's running as hot as you can comfortably put your hands in. (The life hack is HOT water AND detergent to pull off the grime. Don't be afraid to ditch water halfway through if it's really dirty or cooling off.)
- 02** While the water is running, get an idea of what dishes there are, so you can do them in order.
- 03** Don't wash dishes under a running tap – fill the sink, then wash up in the sink. Running the water all the time is environmentally unsustainable.
- 04** Start with the least greasy items and finish with the worst. That's because if you get grease in the water it will dirty all the other items as you wash them.
- 05** Dunk each item in the hot water, wipe (or scrub if needed) with the soapy scrubber, then dunk again. Check that they're clean, then put them on the drainer.
- 06** First any glasses – be careful not to break them, as they can give a nasty cut in the water!

WHAT TO DO CONT:

- 07 Then mugs and cups.
- 08 Then plates and bowls.
- 09 Cutlery next. Very dirty ones can be put in the water to soak, while you do other items.
- 10 Finally, do pots, pans and cooking implements.
- 11 Some may be so dirty they don't scrub clean. Soak them for 20 minutes and come back to them later. If you think something (like baked-on food) is going to be hard, soak it by filling with hot, detergent water before you start on the other things.
- 12 If you can leave things to air dry on the drainer, you're done! If not, get the tea towel and wipe things clean.
- 13 Put them away as you go, ready for the next cooking session.
- 14 Finally, let out the water and clean the sink of any 'tide marks' and wipe down the benchtop.



GOT IT?

- Doing the dishes like this is going to take the least of your time for the best results. Go quick, go on to other things. Share the responsibility fairly in your family or shared house.



TRY THIS

If you feel like you've nailed it but you want to level up, try this:

- Some people find gloves help. You can cope with hotter water and it's not so hard on the hands.
- Do the dishes as soon as you can after you've dirtied them. Warm pots clean more easily, and that's not just sayin'.
- A plastic bowl for washing means you can let the water cool and carry it out to tip onto the garden – a sustainable, simple way of recycling water.

SO WHAT?

- When the kitchen is clean, you can just get in there and cook without having to clean up first.

WHAT ACTION WILL YOU TAKE?

- Get the equipment
- Give it a go after your next meal
- Make sure you take your share of the work (yes, you should offer to do the dishes sometimes!)



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- How to Boil an Egg
- How to Grow your Own Food
- How to Make a Pasta Dinner