

# HAND WASHING THE DISHES

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## MEALTIME CLEAN UP: TOOLS NEEDED

- Dish draining rack and mat
- Clean dish towel
- Rubber dishpan (keeps dishes from breaking)
- Dish Cloth, Clean Sponge, or Dish Brush (for Cleaning the dishes)
- Bottle Brush
- Pot Scrubber
- Rubber gloves if you prefer
- Dish liquid soap

## MEALTIME CLEAN UP: THE ORDER

1. Clear Table.
2. Brush off tablecloth and pre-treat spills with stain remover. Or wipe down table.
3. Stack dishes next to sink.
4. Begin Washing (instructions below)
5. Glasses and Mugs
6. Flatware, Silverware
7. Plates, Bowls
8. Pots, Casseroles

# H A N D   W A S H I N G T H E   D I S H E S

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## WASHING THE DISHES

1. Begin by making sure your sink is clean. Empty the sink if needed. Squirt a small amount of your favorite cleaner into the sink and scrub with a clean sponge or cloth. Rinse the sink.
2. Place your drying rack on the right hand side of the sink with a drain mat or clean towel underneath.
3. Fill sink about  $\frac{1}{2}$  full with hot water adding liquid dish soap to the water while the sink is filling. The water should be as hot as your hands can stand. Be sure the soap has dissolved. Swish you hand in the water if needed. Use enough soap to eliminate grease in the water, but not so much that it does not rinse off your dishes easily. Note the manufacturer's instructions if you are not sure.
4. Use a clean dishcloth or fresh sponge. For bottles and vases, you should use a good bottle brush.
5. Begin washing dishes that are least soiled first. Generally, this would be your drinking glasses, and flatware. Rinse each item and place in the drying rack, or on a clean towel.
6. Next wash plates and bowls. If your dishwater becomes too soiled, you should stop and refill the sink with fresh hot water and dish soap. If the water has become lukewarm, you'll need to add more hot water or fresh water.

7. Finally, wash your serving dishes, pots, and pans. Changing the water as needed.

8. If dishes are rinsed in hot enough water, they should air dry almost immediately. Once you have washed everything, or as you run out of needed space in your drying rack, put dishes away in their respective places. Dry dishes with a fresh and clean drying cloth if water is still present. Drying your dishes by hand will also remove any streaks or spots left by the water.

9. Dishes should be put away as soon as you have finished washing. Your kitchen will look much more pleasing and orderly without stacks of dishes sitting on the counter.