



## How to Wash Dishes by Hand

Fill a clean sink or dishpan about 1/2 full with clean water as hot as you can stand to put your hands into. Add liquid detergent to the water. Scrape excess food from dirty dishes into the trash.

First wash glasses, silverware, plates and small dishes—one at a time. Next, wash serving utensils and larger dishes. Finish with the pans. Use a clean dishcloth or sponge and wash each piece on both sides. Change the water often. Dirty, cold water will not get dishes clean!

Rinse with hot water to remove soap and prevent the spread of bacteria. Hold each piece under hot, running water, then put it on a dish rack or on a clean towel on the counter. If you have a double sink, fill the other half with hot water and add a tablespoon of bleach to the water to kill germs. Rinse each piece in this water and put it on the dish rack or towel. Wipe off the counter and stove with the bleach water. It's one final step to a clean kitchen!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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It is best to let dishes air-dry. Using a towel that is not clean to dry dishes may spread germs. When dry, put dishes, silverware and pans away in a cupboard or drawer.

Don't put sharp knives in soapy water or you might reach in the water and cut yourself. Also, hold knives by the handle when washing and drying.

Wash dishcloths and towels daily to keep from spreading germs. Never use the same dishcloth to wipe the floor that you use to wash dishes!

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