

Have your dishes squeaky clean!

Is your dishwasher broken? Is it breaking your expensive dishes? Is your electricity bill too high? Well you know what time it is? It's time to start washing your dishes by hand! It can help you process the long day you had, which will result in a clearer mind and a healthier immune system as said by Dr. Bill Hesselmar in the article *7 Ways Washing Dishes By Hand Can Impact Your Health And Life*.

Warning:

Watch out for sharp items such as knives and forks. Put them in visible location where you will not harm yourself by reaching for other objects.

Water should be around 110 to 120 degrees Fahrenheit for the best effect.

Supplies:

- Working Sink
- Dirty dishes
Dishes includes: dish, pot, plate, bowl, cup, and utensils
- Sponge
- Dish soap/ Dish detergent
Make sure dish detergent is not the same as dishwasher detergent!
- Dishwashing Gloves
- Food Catcher
Catches food from going into the drain
- Drain Plug
Stops water from going into the drain
- Drying Rack / Towel

Stage1: Clean Sink

This step may be skipped, but I would advise you to clean your sink at least once every week. You may be wondering why you would need to clean your sink when you are here to wash your dishes. The grease on your sink can transmit to your dishes while you wash it.

1. Remove all chunks of food from sink
2. Place drain plug on drain
3. Squirt dish soap into sink
4. Let water run until it fills up half the sink
5. Wet sponge until completely wet
6. Use sponge and scrub entire sink
Do not forget the edges where the sink meets the counter

During this process, you should be able to see bubbles in your sink. If you do not, add dish soap to your sponge.

7. Replace drain plug with food catcher back to where they were
Water should be released
8. Once there is no more water, splash water around sink until soap is gone
If there is anything in the food catcher, empty it out
9. You are now ready to place dishes into your sink

Stage2: Preparing to wash

It is important that you throw away all left overs so that it does not clog up your drain. Also note that you should let dishes, especially pots and pans, cool down before you put them in your sink.

1. After your meal or snack, scrap off visible food from your dish
Dispose accordingly. Large chunks of food should go in the trash. Oil leftover in bowls and dishes cannot be poured into sink as it can clog up your sink. Instead, use a napkin and dab the oil off.
2. Fill bowl with water and stack dishes in a matter such that the largest dishes are on the bottom, while smaller dishes and utensils are on the top
This is to ensure that no dish will tilt and break

Stage3: Soak the Dishes

Before washing, you need to first soak dishes to soften up the leftover food that is stuck to it. If you used dishes for baking purposes or any type of cooking process, you may want to soak it for an hour or overnight.

1. Replace food catcher with drain plug
2. Squirt some dish soap into the sink
3. Let water run until it covers the top of the plates but at least 2 inches from the top of the sink
4. Let dish soak for about a minute
Before proceeding to the next step, make sure that food on dish is soft and can be removed easily
5. Replace drain plug with food catcher

Stage4: Washing the dishes

You should remove all hand/wrist jewelry such as rings, bracelets, and watches, and make sure they are put away from the sink. You do not want them to fall into the sink. While scrubbing the dishes, if you notice that you are running out of bubbles, squirt some dish soap on the sponge and wet it with water. Continue until you are done with all your dishes.

1. Put on your gloves and do not remove unless you are done with washing dishes
2. Add dish soap and water to the sponge until bubbles start to form

3. Scrub sponge along every inch of the dish including bottom for plates, handles for pans and utensils

Here are specific instructions for each type of dish:

- Do not forget the side where the top and bottom of the plate/pot/pan meet
 - For utensils, fold your sponge in half and scrub the head.
 - For knives, fold your sponge in half and place it on the non-sharp side and scrub
 - For plates, pans, pot and cups, scrub in a 360-degree rotation along the surface
4. Place dishes which have been scrubbed in a pile separated from the non-scrubbed dishes. They are still placed in the sink

Stage 5: Rinse the dishes

Do not turn on the water to the max power as you may spray yourself with water.

1. Take a dish and rinse it with water.
Do not forget to rinse the bottom, handle, and the top/head
2. Take out the food catcher and put in drain plug
3. Let 170-degree water run until it covers the dishes but 2 inches away from the top of the sink (where it reaches to counter)
4. Leave for at least 30 seconds
Caution! You may want to wait for the water to cool down
Do not reach your hand into the water. It may be hot

Stage 6: Drying dishes

There are 2 options you may take to dry your dishes. You can either dry them with a towel or dry them on a drying rack.

Steps for drying with a towel:

This is not recommended because wet objects such as a towel are prone to growing bacteria. If you do choose this option, place towel on dish and rub. Make sure to get the side, bottom, handle, and of course, the top. You can wash your towel in the laundry after.

Steps for drying with a drying rack:

Make sure that all the plates are neatly placed because you don't want them to have the chance to fall and break.

Steps for placing dishes on drying rack:

- i. Place largest plates and bowls towards the back of the drying rack
- ii. Place utensils facing down in a mug (or any cup like dish)
- iii. If you have an area to hang your pans, hang them by the handle. (There should be a hole on the edge of the handle.) Otherwise, place them with the large bowls and plates

Side note: Clean your counter, cutting board, and sink after each use to prevent germs from growing. Replace your sponge once a month to prevent bacteria from growing. You can clean

your sponge by putting it in bleach and hot water. An alternative way to clean sponges is to wet them and put them in the microwave for 2 minutes. If you take the second option, be warned that the sponge can be hot; therefore, handle with care. Also, make sure that the sponge does not contain any metal as metals are very likely to catch fire when heated up.

Bibliography

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