

Best Practice Posters[©]

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IFHE Programme Committee Household Technology & Sustainability – the experts in household management

INTERNATIONAL FEDERATION FOR HOME ECONOMICS

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Best Practice Tips Cooking

DONT'S

- don't cover oven racks with foil
- avoid defrosting food by microwave, defrost in the refrigerator instead
- don't use the microwave for cooking large portions
- don't preheat the oven, in general it is not necessary
- don't use the oven as a room heater
- avoid opening the oven door during baking to prevent the loss of heat

DO'S

- use the most efficient appliance in your kitchen to do the job
- turn the oven or slow-cooker off a few minutes before the food is ready
- cook just in time for serving – keeping food warm uses extra energy
- turn the oven or stove top flame as soon as the water is boiling
- choose the minimum time and temperature for cooking
- use a pressure cooker for foods that take a long time to cook, such as lentils and dried beans

When cooking on gas stove tops

- keep metal grease pans under burners clean to improve heat reflection
- make sure the flame does not go beyond the edge of the pan
- make sure the flame touches the bottom of the pot
- has the flame a bright blue color, not yellow, to assure a clean and efficient burn

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Best Practice Tips: refrigeration

How to handle chilled food

- Let frozen food thaw in the refrigerator with a drip tray, not on the counter.
- Keep your food separate if you cooked or prepared hot food and wrap or cover it in order to avoid cross-contamination and odors.
- Freeze products with large shelf life before date.
- Turn your refrigerator on once you reach a month and remove spoiled food immediately in order to prevent growth of microbes.

Things to keep in mind

- Don't leave the refrigerator door open any longer than you need.
- Avoid putting hot warm food inside the refrigerator.
- Defrost your refrigerator/freezer. You notice ice-build-up.
- Face your refrigerator in the right temperature for the food inside.
- Avoid overloading your refrigerator with foodstuffs.

The right spot for the refrigerator

- Choose a dry area suitable to locate your refrigerator and keep it away from external heat sources.
- Provide adequate space around the refrigerator to allow air to circulate and reduce energy consumption in the all cycle.

Considerations before buying

- Get the right size. The refrigerator you are buying had to suit your needs.
- Look for appliances that use little energy.

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Manual Dishwashing

Washing up in a sink

DON'T WASH UP UNDER RUNNING TAP WATER AS THIS WASTES VALUABLE RESOURCES

Washing up steps

- Scrub soil removal
- Soaking
- Chopping
- Rinsing
- Air-drying

Additional tips

- Use gloves
- Wash lightly soiled items first
- Collect all dishes before starting
- Use hot water in the end and bowl when necessary

Fill one sink with wash water and the other with rinse water

- Soak heavily soiled dishes with hot water and detergent
- Rinse with cold water
- Add the recommended amount of detergent after the water to avoid foam production

IF ONLY DISHWASHER IS AVAILABLE → USE A DRAINAGE TUB FOR RINSING

IF HOT WATER AVAILABLE → WASH UP USING BOWLS (PREHEATING, WASH, RINSE AND DRYING)

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Best Practice Tips Automatic Dishwashing

How to run an automatic dishwasher

- 1. Don't Pre-Wash Dirty Dishes!**
 - Use utility or paper towels to wipe off the dishes before loading
 - Hard dishes will get a full load of dishes to wash
 - Use the "Pre-Wash" cycle for dishes you're going to wash next time.
- 2. Loading:**
 - Always load to maximum capacity
 - Place top the opening downwards, upside down because of the hot water
 - Put dirty dishes and cups in the lower position to provide good contact with the water
 - Put heavily soiled dishes into the lower basket to give the more intensive spray treatment
 - Don't block the detergent dispenser or the rotating spray arms by any bulky items
 - Make sure cutlery doesn't stick out of the bottom of the cutlery basket to prevent movement of the lower spray arm
 - Make sure no dishes covered by larger items
- 3. Usage:**
 - Use the start time delay function if lower utility rates are available at a later daytime
 - Check the detergent dose. This will be recommended by both the appliance and detergent manufacturer
 - Choose manufacturer recommended program cycle and temperature according to both the type and soil level of dishes
 - Lightly soiled dishes → use low temperature program cycles or light wash cycle
 - Heavily soiled dishes → use a high temperature wash or the pots and pans cycle
 - Fast drying → use low temperature or air dry cycle for drying
- 4. When the dishes are clean...**
 - Switch off the dishwasher directly at cycle end
 - Open the door immediately so the humid air can leave the machine
 - Check and clean spray arms and filter regularly

IF PURCHASING A NEW MACHINE

- Use a hot appliance that uses less water & energy
- Use the rated capacity that fits your needs
- Make sure it has an internal electric heater for the water

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Best Practice Tips: hand laundering

- 1 Before laundering**
 - Sort the washing in groups of light colors and dark colors, and into highly soiled and heavily soiled items.
 - Pre-soak stains with detergent.
 - Wash hands with hot enough water to encourage the activity.
 - Hand detergent by full or double powder in water before adding the laundry. This does it most effectively, as the weight, especially in hand washers, allows the detergent to reach detergent to successfully penetrate the fabric and remove dirt and stains.
 - Pre-wash well soiled items.
 - Before laundering on them for the first time, test the detergent on the inside of a seam to be sure the detergent won't fade the fabric.
- 2 Laundering**
 - Pre-soak soiled and newly soiled items for 30 minutes to 1 hour in warm water.
 - Pre-treat heavily soiled areas by applying soap or detergent directly on the stain and rub with a scrubbing action after the washing.
 - Remove items from the wash water or when clean, squeezed out so much water as possible and put in the rinse water. Allow items to remain freely in the rinse bath.
 - Reverse items that are full, squeeze out as much water as possible and put in final rinse bath.
 - Move the laundry freely in the rinse water.
 - Remove and squeeze out excess water. Shake the items open; remove most wrinkles and remove water.
 - Turn inside out and hang on a clean smooth clothesline in a draught-free garment like coverers on a flat surface or on a clothesline if time and space in home. Peg on castors and not on edges; fragile parts.
- 3 After laundering**
 - Remove items from the clotheslines soon as the items are dry. Exposure to the sun may cause fading of colours and deterioration of the fabric.
 - Hold in bag or bag if necessary and store in a clean dry place.

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Best Practice Tips: machine laundering

- 1 Before washing**
 - Pre-sort your laundry for washing by colour (see appropriate wash loads) eg. whites, colors, darks, and delicates.
 - Sort the larger items into separate and energy efficient size compartments. Sort the detergent by compartment for avoiding unnecessary laundry washing.
 - Pre-soak items to be washed by removing pre-soaked items turning the clothesline inside out and washing them if necessary.
 - Pre-soak detergent in accordance with the instruction and water hardness. Check the detergent's instructions for proper dosing. Do not use too much detergent in the wash.
 - Choose washing and temperature settings according to the fabric care instructions and your style of life.
 - Select the lowest washing temperature possible. Do not use over 60°C for whites and colors, 40°C and lower is sufficient, depending on the degree of soiling.
- 2 Washing**
 - Load the washing machine to the indicated capacity. Note that the load capacity for delicates and wool may differ.
 - Use the highest spin setting when drying in a tumbler.
 - To reduce your washing machine, wash once per month at 60°C using a combination of bleach and detergent. Always leave the detergent drawer open after use.
- 3 After washing**
 - Remove and dry the laundry immediately after the wash cycle is complete.

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Best Practice Tips: canning of vegetables

Preparation

- Use fresh, young, best vegetables.
- Wash, peel, slice and cut to pieces to leave whole.
- Blanch in hot water for a couple of minutes.
- Place in cold water to facilitate packaging.
- Fill clean, hot jar with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables properly.
- Add 1/2 tsp salt and 1/2 tsp vinegar (0.5 ml/0.005 ml) and sugar (200 ml).
- Fill jar with hot water or brine 5 mm of top of jar.
- Remove air bubbles.

Do's

- Use new jars, their vegetables.
- Pre-soak jars with vegetables for the number of jars.
- Pre-soak vegetables in cold water for 30 minutes.
- Blanch vegetables by blanching them for a couple of minutes.
- Soil jars of 30-50 mm should be left out.
- Jars should be covered with water from ground level.
- Soil jars should be added to the water level.

Don'ts

- Do not fill jars with vegetables if they are not fresh.
- Do not use jars that are not clean or have any cracks or chips.
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List of vegetables

Types/vegetables	Bulling water-bath method at boiling point 100°C	1 Litre
Beetroot	3 hours 30 min	4 hours 30 min
Broccoli in vinegar	30 min	40 min
Cauliflower	1 hour	1 hour
Green beans	2 hours 30 min	3 hours
Green peas	1 hour	1 hour 30 min
Runner beans	3 hours	4 hours 30 min
Okra/eggplant	30 min	40 min
Papaya in vinegar	30 min	40 min

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Best Practice Tips: drying of fruits and vegetables

Preparations

- Use fresh, young, best vegetables.
- Wash, peel, slice and cut to pieces to leave whole.
- Blanch in hot water for a couple of minutes.
- Place in cold water to facilitate packaging.
- Fill clean, hot jar with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables properly.
- Add 1/2 tsp salt and 1/2 tsp vinegar (0.5 ml/0.005 ml) and sugar (200 ml).
- Fill jar with hot water or brine 5 mm of top of jar.
- Remove air bubbles.

Things to keep in mind

- Use fresh, young, best vegetables.
- Wash, peel, slice and cut to pieces to leave whole.
- Blanch in hot water for a couple of minutes.
- Place in cold water to facilitate packaging.
- Fill clean, hot jar with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables properly.
- Add 1/2 tsp salt and 1/2 tsp vinegar (0.5 ml/0.005 ml) and sugar (200 ml).
- Fill jar with hot water or brine 5 mm of top of jar.
- Remove air bubbles.

Storing dry products

- Use fresh, young, best vegetables.
- Wash, peel, slice and cut to pieces to leave whole.
- Blanch in hot water for a couple of minutes.
- Place in cold water to facilitate packaging.
- Fill clean, hot jar with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables properly.
- Add 1/2 tsp salt and 1/2 tsp vinegar (0.5 ml/0.005 ml) and sugar (200 ml).
- Fill jar with hot water or brine 5 mm of top of jar.
- Remove air bubbles.

Recommended time

- Use fresh, young, best vegetables.
- Wash, peel, slice and cut to pieces to leave whole.
- Blanch in hot water for a couple of minutes.
- Place in cold water to facilitate packaging.
- Fill clean, hot jar with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables properly.
- Add 1/2 tsp salt and 1/2 tsp vinegar (0.5 ml/0.005 ml) and sugar (200 ml).
- Fill jar with hot water or brine 5 mm of top of jar.
- Remove air bubbles.

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