



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS



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

# Best Practice Tips in Automatic Dishwashing<sup>©</sup>

## What to do before using an automatic dishwasher?

### If you purchase a new dishwasher model:

- Look for appliances that use less water and energy (e.g. use Energy Star or EU Energy Label to find economic models).
- Buy appliances which have a load capacity that fits your needs (1 - 2 person households may go for a 45 cm width machine, others for 60 cm width).
- Make sure your appliance has an internal electric heater for the water.
- Connect your dishwasher to a hot water supply if this is produced in an efficient way using renewable energy.
- Pay attention to the manufacturer's recommendation regarding the maximum temperature of the hot water supply.

### How you pre-treat your dirty dishes:

- Don't pre-wash your dirty dishes. Instead, remove large leftovers with cutlery or paper towels instead and dispose them in the garbage or compost container.
- Soak heavily soiled dishes with water and some hand dish liquid.
- If you don't run your dishwasher immediately, pre-rinse soiled dishes using the "rinse and hold" cycle instead of rinsing them under the running tap.
- Also use the "rinse and hold" cycle if your dishwasher is not yet completely filled, but you are concerned about the growth of bacteria or a bad smell.

## How to run an automatic dishwasher?

### Correct handling of the machine

#### Loading:

- Always load the dishwasher to its maximum capacity.
- Put dirty dishes and cutlery in the correct position so that each dish gets good contact with the rinsing water.
- Follow the manufacturer's recommendations for loading.
- Put heavily soiled dishes into the lower basket because they get more intensive treatment there.
- Make sure that large items don't block the detergent dispenser or the rotating spray arms.
- Make sure flatware does not project through the bottom of the flatware baskets and interrupt the spray arm.
- Always face the opening of vessels (e.g. glasses, cups and pots) towards the bottom of the dishwasher.
- Make sure that no dish is covered by larger items.

### **Usage:**

- Use the start time delay function if cheap or renewable energy can be utilised.
- Use the doses of rinse aid, special salt for regeneration of the water softener and detergent recommended by the manufacturer and the hardness of your water.
- Choose programme cycle and temperature according to both the type and soil level of dishes and the recommendation of the manufacturer.
- Try to use low temperature programme cycles as this can save energy.
- Lightly soiled dishes like glasses and cups may be washed in a low temperature programme cycle or a light wash cycle.
- Use the intensive programme or pots and pans cycle only for heavily soiled dishes.
- Use low temperature or air dry cycle for drying and open dishwasher door at end of cycle.
- Be careful: Hot steam may come out and damage your kitchen work plate.

### **What to do when the dishes are cleaned?**

#### **After the dishwashing process:**

- Switch off your dishwasher directly at cycle end.
- After the washing cycle, open the door immediately so that the humid air can leave the machine.
- Check and clean spray arms and filters regularly.

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