

## Environmental tip of the month – Washing the Dishes.      October 2020

Dishwasher or washing up by hand? A long-standing debate over which is better for the environment, here are some eco-friendly hints, whichever method you choose.

**Dishwasher** - do not pre-rinse your dishes under the tap before putting in the dishwasher (most modern machines have a sensor that monitors water quality during the cycle and adjusts accordingly). Avoid the pre-rinse and rinse hold options on your machine, only run the cycle when the machine is fully loaded and use the ECO setting if there is one. If you can, run at a time when demand for the grid is lower, eg late evening, (please note a word of caution from the fire service about setting appliances to run in the middle of the night).

Dishwasher detergent – some suggestions for more eco-friendly options from UK companies:

- Peace with the Wild dishwasher tablets – only 5 natural ingredients, cardboard box, no plastic wrapping
- Bio D Dishwasher powder – ethically sourced, plant-based ingredients, 100% recyclable packaging
- Ecozone dishwasher tablets – plant based and natural ingredients, water soluble wrapper
- Bain & Savon dishwasher tablets – all-natural ingredients, packaging made from renewable materials and is 100% biodegradable.

**Washing up by hand:** Try only half filling your washing up bowl and do not keep the tap running while you are washing. If you do need to rinse items, use cold water. Use washable dishcloths rather than disposable, substitute plastic washing brushes with wooden or bamboo alternatives or even try a coconut shell as a pan scraper, all of which are compostable once their useful life has expired.

In addition, consider your detergent, eco-friendly options include:

- Greenscents – Somerset based, ethically sourced ingredients, 100% recyclable packaging
- Bentley Organics – made in the UK, plant based, recyclable packaging
- Bio D – UK Co. ethically sourced, plant-based ingredients, 100% recyclable packaging
- Dr Bronners 18-in-1 liquid castile soap – US company, pure, natural and certified organic, super concentrated, 100% recycled and recyclable packaging, (incidentally doubles up as a fabulous shower gel – itchy, dry, flaky, irritated skin is a thing of the past!).
- Marseilles soap – French -100% natural with no added scent, colour or preservative, zero packaging.

Product	Sample pricing	Price per usage
Peace with the Wild dishwasher tablets	£13.49 for 72	18.7p
Bio D dishwasher powder	£9.60 for 720g	13.33p
Ecozone dishwasher tablets	£12.99 for 65	19.98p
Bain & Savon dishwasher tablets	£13.49 for 72	18.7p
Greenscents washing up liquid	£3.39 for 400ml	2.12p based on 2.5ml
Bentley Organic washing up liquid	£3.29 for 500ml	1.6p based on 2.5ml
Bio D washing up liquid	£2.35 for 750ml	0.8p based on 2.5ml
Dr Bronners 18-in-1 liquid castile soap	£12.39 for 473ml	3.27p based on 1.25ml
Marseilles soap	£4 for 300g	Hard to quantify est less than 1p

By comparison, standard products such as Finish dishwasher tablets typically cost around £9 for 75, 12p per usage, Fairy liquid £1 for 433ml, 0.6p per usage based on 2.5ml.

Many websites now specialise in eco products, [ethicalsuperstore.com](http://ethicalsuperstore.com) has a great range and Green and Wild has now opened on the high street in Kingsbridge