

## **HELPFUL HINTS FOR PROJECT PARTICIPANTS**

The following are some helpful hints provided by some past participants that could make your stay more enjoyable.

### **MAINTAINING SANITARY EATING UTENSILS**

The recommended approach to ensure that eating utensils are sanitary is to use disposable plates, cups, and cutlery. However some people want to re-use permanent utensils. We have used three methods to sanitize dishes. The choice is up to the group and what they may choose to do with sanitization water afterwards.

**Liquid bleach:** ¼ cup per gallon of water. Advantages. This is the best option for sanitizing because it kills a broad range of germs and viruses. Bleach can be purchased at almost any grocery “mercado” in Luperon. It is cheap, is packaged in plastic, and does not have to be rinsed from dishes after use. It works in both cold and hot water. Environmental impact is negligible, because chlorine evaporates quickly. Disadvantages. Bleach is corrosive and can splash, colored clothing may be ruined on contact. It does not cut grease, so it is used after dishes are washed with dish soap, which may have environmental impact.

**Dishwasher tablets:** 1/8 teaspoon per gallon of water. Advantages. These hard chunks of dishwasher cleaner contain bleaching chemicals and kill germs and viruses. There are some cheap “no name” varieties, which will do fine. Bring to DR with you. They are easy to transport and are less likely to ruin clothing so sanitizing water can be used for laundry later. Does double-duty as dish soap / sanitizer and cuts grease. Disadvantages: Work best when dissolved in hot water (often not available); they should be cut into small pieces to help dissolution. Environmental impact is greater because most contain phosphates; however, the amount is miniscule. Rinse dishes with clean water as final step.

**Oxiclean:** Follow label directions. Advantages. Uses sodium percarbonate, is nontoxic, biodegradable, and environmentally safe. Kills germs, viruses, and fungi. Safe for most colored clothing so can be used for laundry. Dissolves and works well in warm water. Powder form easily transportable. Bring to DR with you. Disadvantages. Does not cut grease well so should be used after dishes are washed with dish soap. Rinsing dishes after using recommended, but not required.