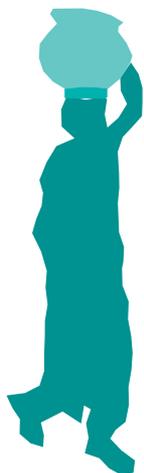




LIFESTYLE IDEAS

WATER-SAVING ACTIONS

- Take a quick shower instead of a bath; be careful, though, because power showers can use as much water as a bath if used for more than five minutes.
- Turn the tap off while brushing your teeth – you waste around four litres a minute by leaving the water running.
- Put a water-saving device into your toilet cistern to reduce the amount of water used per flush. Do this and you could save up to 15 per cent on your toilet's total water use. (See www.hippo-the-watersaver.co.uk for more information.)
- Drink tap water rather than bottled water – it's around 500 times cheaper. Chill it in the fridge and see if you can taste the difference.
- If you have to wait for taps to run hot, collect the cold water that precedes it to water your plants. This means that water that would otherwise have gone down the drain can be made use of.
- Wash vegetables and fruit in a bowl rather than under a running tap, then use the leftover water for watering house plants.
- When you boil water in cookware and kettles, use the minimum amount of water. That way, you'll save energy as well as water.
- Wait until you have a full load before switching on the dishwasher or washing machine. Did you know 'half-load' programs use more than half the water and energy of a full load?
- Avoid installing a waste macerator in your kitchen sink because these require lots of water to operate properly. Instead, dispose of food waste in a compost pile or wormery. If you don't have a garden, ask a neighbour with a garden/allotment if they would be interested in starting a compost heap with you or contact your local council to find out if there are community composting schemes.
- Avoid pre-rinsing your dishes. Modern dishwashers and detergent tablets mean you no longer have to pre-rinse your dishes before loading them into the machine – simply scrape off the leftovers into your rubbish bin or compost heap before putting them in the machine.
- Use a lid on your saucepans; they will boil quicker, you don't have to put in so much water and the food tastes fresher.
- Get a rainwater butt for your garden and use the water you collect for your garden and any houseplants you have. If you need more, collect used water from your bath, shower or washing up.
- Garden sprinklers can use as much as 1,000 litres of water per hour – more than a family of four can use in a whole day. If you must use a sprinkler, water early in the morning or late in the evening when evaporation rates are lowest.
- Use a trigger nozzle on your hosepipe to halve the water used and direct the water flow to the roots of your plants. Using a watering can will reduce the amount of water you use to water your garden even more.
- Putting mulch and bark over the soil in your garden will reduce evaporation by up to 75 per cent.
- Check the weather forecast before you water your garden. If rain is on its way then there's no point!
- Use a bucket and sponge to wash your car. Just 30 minutes with a hosepipe will waste hundreds of litres, and using a bucket will give your car a much more precise wash. If you must use a hosepipe, use one with a trigger nozzle.
- Keep a log of how much water you use every day and act on what you discover about yourself. Just flushing the toilet can use nine litres, so experiment with different ways of reducing and reusing your water.
- Install a water meter in your house to see just how much water you use. This will definitely help you reduce the





amount of water you use, as on average households with water meters use 15 per cent less water than households without one.

- Dripping taps can waste up to 15 litres of water a day. Replace worn tap washers for a quick and cheap way of saving water wastage.
- When you turn off the hot water tap, several litres of hot water are left in the pipes between the tap and the boiler. Insulating the pipes means the heat is retained for longer, so the next time the hot water is drawn, it won't have cooled so much. Insulating your hot water pipes will also stop them from warming any nearby cold pipes, which would waste the water you have to run off in order to get cold water.

REFERENCES

<http://www.waterwise.org.uk/pages/save-water.html>

http://www.direct.gov.uk/en/Environmentandgreenerliving/Greenerhomeandgarden/Greenershopping/DG_064370

<http://www.environment-agency.gov.uk/homeandleisure/beinggreen/118946.aspx>

