



PROTECT THE PLANET

Water Conservation Tips



Conserving Water at Home and in the Community

Consider the following tips to help you reduce water usage on a personal and societal levels:

Activity	Ways to reduce water usage
On a personal level	
Brushing your teeth	Keep tap turned off while brushing, do not brush your teeth in the shower, and use a small cup to minimise water usage
Bathing	While waiting for water to warm up, save the cold/lukewarm water for other activities, instead of allowing it to go down the drain
Showering	Time your shower to keep it under 5 minutes. You'll save up to 1,000 gallons (3,785 litres) per month
Washing hair	Turn off the water while washing your hair and save up to 150 gallons (570 litres) a month
Drying after showering	At home or at a hotel, reuse your towels instead of washing them each time
Washing hands	When washing your hands, turn the water off while you lather your hands with soap
When on the move	Carry your own water bottle/cup. This optimises water consumption and wastage, including wastage during bottling, recycling and waste
On a household level - regular activities	
Using garbage disposal	Use the garbage disposal sparingly. Instead, compost vegetable food waste and save gallons of waste from going to landfill sites
Hand-washing dishes	<ul style="list-style-type: none"> When washing dishes by hand, don't let the water run. Fill one basin with soap water and the other with clean water to rinse your dishes

	<ul style="list-style-type: none"> • Soak pots and pans instead of letting the water run while you scrape them clean
Using clothes washer and dishwasher	Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons (3,785.4 litres) a month by doing so. If available, run dishwasher and washer on 'eco' mode
Washing fruits and vegetables	<ul style="list-style-type: none"> • Use a pan of water instead of running water from the tap • Collect the water while rinsing fruit and vegetables and use it to water house plants
Washing dark clothes	Washing dark clothes in cold water saves water and energy. It also helps your clothes retain their colour
On a household level – occasional activities	
Mowing the lawn	<ul style="list-style-type: none"> • Leave lawn clippings on your grass, this cools the ground and retains moisture • Adjust your lawn mower to the height of 1.5 to 2 inches. Taller grass shades roots and holds soil moisture better than short grass
Watering hanging basket	For hanging baskets, planters and pots, put ice cubes on top of the soil to give your plants a cool drink of water without overflow
Maintaining outside plants	Use a layer of mulch around your plants, they will retain water for a longer period of time.
Cleaning your sidewalk/footpath/driveway	Use a broom instead of a hose to clean patios, sidewalks, and driveways
Watering the lawn	Minimise evaporation by watering during the early morning hours when temperatures are cooler and winds are lighter
Covering the pool	Use a pool cover when you are not using the pool, as it prevents evaporation
Washing cars	Use a car wash that recycles water to wash your car, as a lot of water is wasted while doing it at home
Using decorations outside the house	Avoid unnecessary water features (such as fountains)
Home improvements	
Maintaining faucets/taps	Whether you go DIY or hire a plumber, fixing leaky

	<p>faucets can mean big water savings</p> <ul style="list-style-type: none"> • At one drip a second, a leaky faucet leaks 3,000 gallons of water a year • A running toilet wastes up to 200 gallons a year
Use water efficient products and appliances	<ul style="list-style-type: none"> • Using a dual-flush toilet reduces water use by 67% • Use low flow shower heads • An energy-efficient washing machine saves 18 gallons of water per load • Use an automatic faucet
Installation of a rain barrel	<ul style="list-style-type: none"> • Helps in the collection of rainwater that could be used for other activities at home • Additionally, installation of a green roof helps harness up to 70% of rainwater

Ways to reduce water usage at events:

1. Fill up glasses of water only as needed, and not ahead of time.
2. If possible, use individual water reusable bottles instead of glasses, so that any unused water can be easily consumed or used at a later time.
3. At larger events, have a go green volunteer at the water station to assist everyone, and to ensure faucets/taps are closed completely after use.
4. At larger events, be mindful in preparing tea and coffee in bulk to avoid waste.
5. Soak dishes and wash them collectively in a dishwasher, instead of handwashing individually.

Consider the following tips by which you can improve the water quality and reduce water pollution:

Activity	Ways to improve water quality and reduce pollution
On a personal level	
Waste disposal	<ul style="list-style-type: none"> ● Avoid throwing paint, oils, motor solvents and other slick materials into the sink or down the toilet ● Avoid flushing medication and trash down the toilet ● Reduce the usage of garbage disposal systems in the sink. Sewage treatment plants cannot remove nutrients from broken down solids, and this causes water bodies to become polluted
Household cleaning supplies	<ul style="list-style-type: none"> ● When using household cleaning products such as shampoos, dishwasher soap, detergent and toiletries, use environmentally safe products with reduced chemicals in them ● Use of white vinegar and baking soda is an alternative to commercial cleaning agents ● Buy green products as recommended by the Environmental Protection Agency (EPA)
On a societal level	
Farming/gardening	<ul style="list-style-type: none"> ● Reduce or eliminate the use of pesticides, herbicides and inorganic fertilisers. This will help improve quality of nearby water bodies due to reduced run-off of these materials ● Plant more trees to help prevent soil erosion into nearby water bodies, thereby reducing phosphorus accumulation in water bodies ● Install waterbutts at home – to conserve rainwater and use for gardening ● Keep your car in good condition and fix leaks to avoid polluting streets and runoff into streams
Water disposal	<ul style="list-style-type: none"> ● Avoid littering into lakes, oceans and beaches ● Avoid littering streets and highways as the litter ends up in streams and, eventually, the ocean

Extra Resources:

1. http://www.conserve-energy-future.com/Advantages_Disadvantages_Rainwater_Harvesting.php
2. <http://wateruseitwisely.com/100-ways-to-conserve/>
3. <http://www.edenproject.com/learn/for-everyone/water-saving-tips>
4. http://eartheasy.com/live_water_saving.htm
5. <http://www.care2.com/greenliving/20-ways-to-conserve-water-at-home.html>
6. <http://hubpages.com/living/How-to-Conserve-Water-with-Compost-Toilets>
7. <http://hubpages.com/politics/How-Can-We-Conserve-Resources-Best-Energy-Conservation-Methods>
8. <http://hubpages.com/politics/Water-Pollution-Causes-and-Prevention>
9. <https://www.epa.gov/greenerproducts/why-buy-greener-products>



© Sathya Sai International Organisation 2017
All rights reserved.