



Saving Water

Why save water

- Water is essential for life and although it seems like we have more than our fair share of rain in this country, safe water is a limited resource.
- Only 1% of the Earth's water is suitable for drinking and we use 15 times as much as people in developing countries.
- Saving water also means saving money. A quarter of energy bills are for heating water. A water meter could save even more!
- Everybody has a responsibility to use water wisely and **simple changes can make a big difference!**

Bathroom

Tick when complete

- When brushing your teeth remember to turn off the tap. Also, fill the basin when you're having a wash rather than leaving the tap running.
- Take a quick shower instead of a bath. You could even challenge your family to a 5-minute shower!
- If you have an old toilet cistern, you could fit a water saving device.
- You can also get a device called an aerator to fit to old taps to help reduce the flow without affecting performance.



Kitchen

Tick when complete

- Make sure that your washing machine and dishwasher are full before putting them on and only fill the kettle with as much water as you need.
- Use a bowl in the sink for washing pots and vegetables rather than leaving the tap running.
- Fill a jug with water and put it in the fridge for cold drinks.
- If you have left over glasses of water, you could use them to water your plants.

Outdoors

- A water butt makes use of free rain water falling on the roof.
- Remember to water gardens at the coolest part of the day.
- Use a watering can rather than a hose and aim at the roots of the plants.
- Lawns need very little water and will recover after the next rain shower, even if they look dry and brown.
- Plant garden borders densely and use mulches like bark chips over bare soil.
- When washing your car, try to avoid using jet washes or going to the car wash - use a bucket and sponge instead.

Water meter?

- Have you thought about a water meter? It could save you money. See if you could benefit by trying a water calculator at www.nwl.co.uk or www.ccwater.org.uk.
- If you have a water meter, remember to read it regularly and send the reading to your water utility company for an accurate bill.
- Order your free water saving kit at www.nwl.co.uk or call 0845 7335566.

Find out how sustainable you are at www.surveymonkey.com/s/one_planet_middlesbrough

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