






SAVING WATER AROUND THE HOUSE


Conserving water is important to ensuring that we have fresh, clean water to use well into the future. It also helps to preserve our current water levels whenever they dwindle. Luckily, there are various actions we can take around the house to reduce our water usage and help in conservation efforts!

In the Kitchen - Conserve Water While Washing the Dishes:

 Use a Dishwasher - If you have the option, use a dishwasher instead of washing your dishes by hand. Manually washing dishes uses about 20 gallons of water each time you do the dishes, whereas an energy-efficient dishwasher can cut that usage down to less than 5 gallons¹.


 Like Goldilocks, Make Sure Your Loads Are Just Right! - Make sure that the dishwasher runs only when it is full in order to maximize your use of water, energy, and soap! Avoid overfilling the dishwasher, as this can prevent the dishes from being properly washed and create the need to run another cycle. Also try loading larger dishes at the back of your dishwasher so the soap can reach all of your dishes.


 Avoid Pre-Rinsing Your Dishes - Resist the temptation to rinse your dishes before placing them in the dishwasher, as this unnecessarily uses extra water. Instead, try using a damp cloth or sponge to wipe your dishes or use a spoon to scrape excess food off prior to loading your dishes into the dishwasher. If needed, you can also soak dishes in a large bowl before adding them to the dishwasher, as well².


 Washing Dishes By Hand - If you do not have a dishwasher, use just enough water to ensure that your sponge is soapy and scrub several dishes at once before opening the tap to rinse them. You can also plug the sink or fill a tub with water to avoid running the tap³.



In the Laundry Room - Conserve Water While Washing Your Clothing:


 Use Full Loads - Similarly to a dishwasher, make sure to fully load your washing machine before using it. This will maximize the amount of water, energy and detergent that used.

 Pay Attention to Size Options - If it is necessary to wash a smaller load of clothing, choose a setting for smaller loads to ensure that your washing machine will use less water during that cycle.

 No Need to use an Extra Rinse - Some washing machines have the option to use an extra rinse step to wash your clothing. This step is not needed as long as you add enough soap to your load so you can skip it to conserve water⁴.



In the Bathroom - Conserve Water While Brushing Your Teeth:

 Turn the Tap Off - Letting the tap water run while brushing your teeth can cause 4 gallons of water to be lost each time you brush! Avoid this by simply turning your faucet off until you are ready to rinse your mouth⁵.


¹Water FootPrint Calculator. 2021. "Saving Water While Washing the Dishes." <https://www.watercalculator.org/posts/dish-washing/>


²SaveWaterSaveMoney. 2021. "How to Save Water while using a Dishwasher."


<https://www.savewatersavemoney.co.uk/water-efficiency-tips-advice/view/103/how-to-save-water-while-using-a-dishwasher.html>

³Water FootPrint Calculator. 2021. "Saving Water While Washing the Dishes" <https://www.watercalculator.org/posts/dish-washing/>

⁴Water Use It Wisely. 2021. "How To Save Water And Energy In The Laundry Room." <https://wateruseitwisely.com/laundryroom/>

 **Keep the Tap Turned Off** - You do not need to turn the tap on even to wet your toothbrush. Your saliva alone is able to activate your toothpaste, and adding water will only dilute it, so turning the tap on before brushing is not necessary⁶.

 **Turn the Tap on (Briefly) to Rinse** - Turn the faucet on and fill just enough water into a reusable cup to rinse your mouth. Avoid over-pouring to prevent yourself from having to pour excess water down the drain.


 **Maintenance** - Always keep an eye out for leaks in your faucet or pipes. It may seem minor, but leaks can cause hundreds of gallons of water to be wasted each year, costing you both water and money on water bills⁷.




Outside Your Home - Conserve Water When Watering Your Lawn:


Keeping conservation in mind when watering your lawn is important not only because it helps to preserve water sources, but also because improperly watering your lawn can cause runoff water to overflow onto pavements and sidewalks. There, the water can pick up pollutants and carry them into the drains that lead to our waterways. This runoff can also cause these drains to flood depending on how much water is used.

Additionally, the water that sinks into soil provides us a service by replenishing our groundwater resources. When water runs off, however, it is not stored within our groundwater and there may be less water for us to reuse in the future⁸.

 **Section Your Lawn and Time Your Waterings** - Grasses require more watering than trees and shrubs. Thus, by splitting your lawn into sections, you can ensure that certain plants get the water they need while other sections are not overwatered. In addition, take 15 minute breaks during your watering session, as this will allow for the water to properly soak into your lawn and reduce runoff.

 **Water Your Lawn in the Morning** - The best time to water your lawn is between 5am-10am because there will be low sun exposure and less wind. This will minimize the level of water evaporation that would likely occur later in the day.

 **Water Your Lawn According to the Season** - As seasons and rain levels change, adjust your sprinkler system accordingly. You can even purchase a device that will turn your sprinklers off when there is rain or moisture in the air to best conserve your water.

 **Avoid Watering Pavement** - Adjust your sprinklers to water only your lawn and not the pavement, thus conserving water and avoiding runoff. Additionally, ensure that your sprinklers jet out big water droplets as opposed to a mist to prevent evaporation. For details on how to adjust your sprinkler system, visit <https://www.rainbird.com/homeowners/water-saving-tips>⁹.

⁵Colgate. 2021. "Five Water Tips to Work Into Your Oral Care." <https://www.colgate.com/en-us/oral-health/brushing-and-flossing/five-water-conservation-tips>

⁶Smile Maker's. 2021. "How to Conserve Water While Brushing Your Teeth." <https://www.smilemakersal.com/how-to- conserve-water-while-practicing-good-oral-hygiene/>

⁷Colgate. 2021. "Five Water Tips to Work Into Your Oral Care." <https://www.colgate.com/en-us/oral-health/brushing-and-flossing/five-water-conservation-tips>

⁸Bio Advanced Science Based Solutions. 2021. "10 Ways to Manage Runoff Water." <https://www.bioadvanced.com/articles/10-ways-manage-runoff>

⁹RainBird. 2021. "Water Saving Tips." <https://www.rainbird.com/homeowners/water-saving-tips>