



# 6 ACTIONS YOU CAN TAKE TO HELP CONSERVE WATER

**1. USE EVERY DROP** – Letting any used water run down the sink is unnecessary. Put a basin in your sink to collect water that can be later used to water plants. Using environmentally friendly soap lets you re-use water that was used to wash your hands.

**2. DON'T WASTE COLD WATER** – Letting water flow down the drain while you wait for it to warm up is a complete waste. Cold water kills germs as well as warm water does, and cold water is actually better for your hair and skin than warm water.

**3. THE NAVY SHOWER** – Probably the most water-conscious way of washing yourself. With a Navy shower you get in, get wet, turn off the water, soap up, then turn the water on again only to rinse off. A regular shower uses about 60 gallons of water, while Navy showers use only 3 gallons of water on average.

**4. WATER PLANTS IN THE MORNING** – Watering when temperatures are at their lowest will minimize evaporation from the sun. On average, watering in the morning will save 25 gallons each time you water. You can also water in the evenings, but this makes your plants susceptible to fungus growth.

**5. DISHWASHERS ARE YOUR FRIEND** – Dishwashers save A LOT of water. The average dishwasher uses 6 gallons of water per cycle, and Energy Star dishwashers use 4 gallons of water per cycle. Since water flows out of the tap at about 2-gallons/ minute you use substantially more water when you wash a whole load of dishes by hand.

**6. "EAT LESS WATER"** – according to food & water activist Florencia Ramirez, author of the wonderful new book *Eat Less Water*, most water wastage occurs in the production chains of the foods we consume. By paying attention to how and where our food is grown, focusing on organic foods over mainstream, buying more from farmer's markets especially from farmers using sustainable water management techniques, we can make a bigger impact on our overall water footprint.