

Water Saving Guide



We all need water to live.

There is a limited amount of freshwater on our planet, and the available ground water is decreasing due to the rate we are using water.

By 2050 we will have water shortages if we do not prevent this by acting now!

Do you know how much water you use daily?

46% of people believe their household uses 20 litres of water per day, but in reality the **average person uses 142 litres of water each day!**

20 litres
vs
142 litres

What can I do to save water?

Try out the **water challenge** - see how many of these actions you can take to save water.

1. Cut down shower time by one minute! Time yourself - make it a challenge!

Showers use 12 litres of water per minute on average. That can make up as much as 160 litres of water for just an 8-minute shower - a lot!



2. Fix any leaks or dripping taps - don't waste precious, clean water.

3. Put a water-saving bag in your toilet tank

Toilet flushes make up about a third of the water used in a household. Many older toilets (pre-1980) are larger than they need to be. A Hippo Bag, Save a Flush bag, or just a brick, displaces water and reduces the amount of water flushed by 1-3 litres each time.

Many toilets flush just as effectively with less water. It will also save you money if you're on a water meter!



If using a brick or stone, just be sure to check that it does not affect the flushing mechanism.

Or go dual - modern dual flush toilets use a quarter less water - when you change your toilet cistern, go for dual flush!



4. Always fill your washing machine and dishwasher - save energy and water!

A washing machine uses about 50 litres of water per wash.

5. Don't send clean water down the drain.

Turning off the tap whilst brushing your teeth or shaving saves up to 9 litres of water every minute!
Fill a basin or reusable beaker instead.



6. Reuse your kitchen water

Catch water in a bowl when washing fruit and vegetables or when running water before hot comes through. You can use this water to water your plants!

7. Have instant cold water to hand by keeping a jug or bottle of water in the fridge, instead of running the tap until the water is cold.



8. Fill a water butt to collect rainwater off your roof/shed

Water butts usually store about 200 litres of water. Using rainwater in the garden reduces the amount of treated drinking grade water you use and is better for watering your plants.

9. When there is little rain, use your washing up water to water your garden.

Washing up water will be fine for the plants. Do not use sprinklers when there is a drought.
The best times to water the garden are early morning and evening, when less water is lost by evaporation.



Want more information and ideas? Try these websites:

Water saving tips - Ofwat: www.ofwat.gov.uk/households/conservingwater/watersavingtips/

Saving water made simple - Severn Trent: www.stwater.co.uk/wonderful-on-tap/save-water/saving-water-made-simple/

Three water-saving tips to try at home: Part of The Regenerators:
www.bbc.co.uk/bitesize/articles/zqxyydm#zxpqg7h

The Regenerators - videos and ideas for family and young people:
www.bbc.co.uk/bitesize/groups/c9m19lvv7r2t

World Wildlife Fund Water saving tips: www.wwf.org.uk/what-can-i-do/top-ten-water-saving-tips
Live West: www.youtube.com/watch?v=UYOLUDVAOf0

Water saving video Welsh Water www.youtube.com/watch?v=5J3cw4biWWo