



## Water Saving Tips for Consumers

Water is an essential part of life. The human body is about 60-75% water, and the average human needs to drink at least 64 oz of water each day. We depend upon water for the food we eat.

Only about 1% of all the water on earth is drinkable! The rest of the water is either salt water (97%) or frozen (2%). Since water is such an important part of our lives, we must do our part to conserve as much as possible, especially during droughts and times of water shortage.

Conserving water will help to ensure that there is enough water to drink in the future, and it will help to keep our rivers, lakes, and oceans clean. The following suggestions will help you to save water, a very precious resource!

## Did you know...

People in the U.S. drink about 110 gallons of water every day?

The average American uses 140-170 gallons of water per day?

Leaving the water running while you brush your teeth can waste about 5 gallons?

Flushing the toilet uses about 6.5 gallons?

Five minutes in the shower uses 15-25 gallons?

About 40 gallons of water is used for a 10 minute shower?

A dripping faucet can lose up to 9 gallons a day?

Waiting for water to get cold can waste up to 7 gallons a minute?

## **Water Conservation in the House:**

### **In the Bathroom...**

- Take short showers instead of baths.
- Reuse your bath towels.



- Turn off the water when brushing your teeth and shaving.
- Toss tissues and other trash into a wastebasket instead of the toilet.
- Use a water-saving shower head, and remember that each extra unnecessary minute in the shower is wasting several gallons of water.

### **In the kitchen...**

- If you wash dishes by hand, fill two tubs or sections in your sink with wash and rinse water rather than leaving the water running.
- Use excess cooking water (such as from boiling eggs) to water plants.
- Defrost food in the refrigerator instead of placing it under running water.
- Keep some drinking water in the refrigerator to eliminate running the water until it is cold.
- Try using leftover water from cooking vegetables as a soup base.

### **Around the house...**

- When purchasing new appliances, buy those that are energy and water efficient and save water and power!
- If possible, use water that would be poured down the drain to water plants
- Replace and repair leaky faucets and toilets.
- Throw leftover ice into potted plants.
- Wait to run the dishwasher and clothes washer until they are full.

## Water Conservation Outside:



### In the yard...

- Water your lawn and plants early in the morning or late in the evening to reduce evaporation.
- Water your lawn for short intervals to improve absorption and reduce runoff.
- Set sprinklers to only water your lawn or plants instead of the street and sidewalk.
- Check the soil before watering to avoid giving plants too much water.
- If you are washing your car, park it on the lawn so the lawn will get watered at the same time.

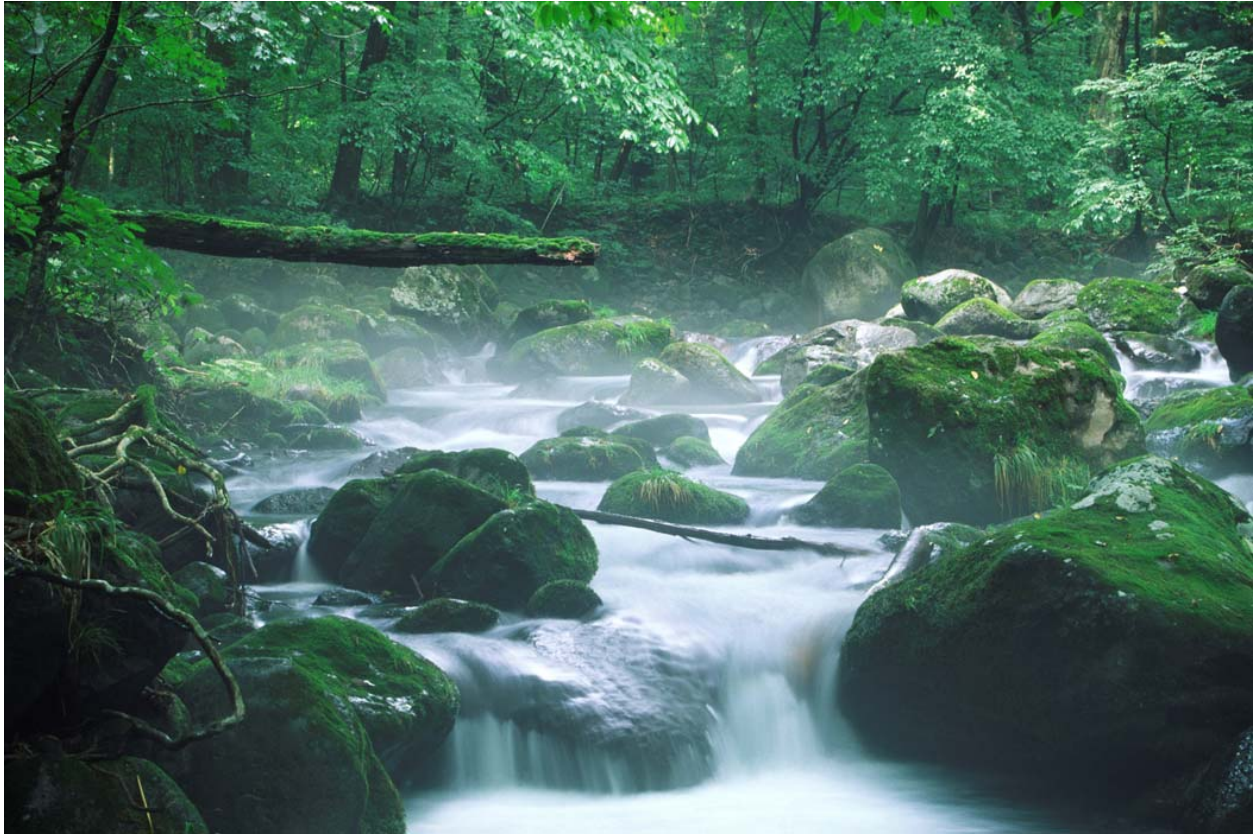
*Though we are surrounded by water, much of it is unusable without a large amount of processing. As a result, we must be careful with the water we do use.*



### Other areas outside...

- If you have a pool, use a water-saving pump and filter.
- Sweep your driveway or sidewalk instead of using water to clean them—not only will you save water, you'll get some exercise!
- Make sure your pipes and outdoor spigots are ready for winter to prevent freezing, leaks, and bursts.

By following even just a few of these suggestions, you can help conserve water and keep our waterways clean. Conserving water means more water for human consumption, and it can help keep lakes, ponds, and rivers clean. Together, we can help save water during this time of shortage in the Central Valley and California.



**Information provided by:**

Water- Use it Wisely, more information at <http://www.wateruseitwisely.com/100-ways-to-conserve/index.php> .

FEMA, more information at [http://www.fema.gov/areyouready/appendix\\_a.shtm](http://www.fema.gov/areyouready/appendix_a.shtm) .

Montana Public Service Commission, more information at <http://www.psc.state.mt.us/Consumers/waterSewer/info/WaterConservation.asp> .

Sunnyslope County Water District, more information at <http://www.sscwd.org/tips.html> .

[Click here to link to the Nutrition, Family and Consumer Science website](#)