

Water Saving Tips for Around the Home

Despite the wet summer some parts of the UK are suffering from water shortages. Rising energy costs also means it is becoming increasingly important to reduce the amount of energy used for heating water for use in the home. Water companies also use energy to supply mains water to our homes and to treat our waste water.

If we can reduce the amount of water we waste we can save our water resources, reduce our water bills (if on a meter) and the amount of energy used. Each person in the UK currently uses about 150 litres of water every day and about 1/3 of the water each person uses on a daily basis is wasted as it runs straight down the plughole or down the toilet without being used.

Here are some top water saving tips for inside the home.

- **Turn off the tap while brushing your teeth** - A running tap wastes over 6 litres per minute
- **Mend your dripping tap washer** - It could stop you wasting up to 5,500 litres of water and, if you're on a water meter, it could save you over £18 a year.
- **Fully load the dishwasher** - Hand-washing dishes typically uses more water than a modern dishwasher, especially if you rinse your handwashed dishes under a running tap. Make sure you always fully load the dishwasher to get those water savings.
- **Use a "Save a Flush" bag or "Hippo"** - Put a hippo, save-a-flush or other displacement device, which your water company can provide for free, into the cistern.
- **Take a shower** - A bath can use over 100 litres of water, while a shower only uses a third of that amount. But be aware that many power-showers will use more water than a bath if you shower for more than five minutes.
- **Fully load the washing machine** - A full load uses less water than two half loads so you'll be able to save money on energy and water.
- **Don't use the loo as a bin** - Avoid unnecessary toilet flushes by putting cotton balls and make-up tissues in the bin.
- **Refrigerate tap water** - Fill a jug with tap water and leave it to cool in your fridge so you don't have to run the tap for ages just to get a cold drink.
- **Wash your fruit and veg in a bowl** – Washing them in a bowl rather than under a running tap could cut down on water waste effortlessly. You can then use the leftover water to feed your houseplants.

Information taken from Waterwise website - the leading authority on water efficiency in the UK and the Energy Saving Trust website. For more information about saving water visit www.waterwise.org.uk or www.energysavingtrust.org.uk