

Why Should I Start Saving Water?

All over the world, places are starting to run out of clean, fresh drinking water. Sometimes it is because there is not much water around (e.g. dry areas), and sometimes it is because there is no clean water (e.g. too polluted to drink). City water in Williams Lake comes from an underground aquifer. This aquifer is limited and vulnerable to over-consumption. Since every person, every plant, and every animal needs water to live, it is everyone's responsibility to start saving water today.

But I'm Only One Person. How Much Of A Difference Can I Really Make?

One person can make a big difference. Every time you save water, and teach others to save water, you are helping to save your own, and the planet's water supply, especially if we all do it together. Use the footprint on the back page to find out how much you can save each week; now imagine how much water you can save over your entire life! One person CAN make a huge difference.

Every Drop Counts!



Cariboo Chilcotin
Conservation Society

This brochure is produced by the CCCS with publication support received from local CCCS supporters and the City of Williams Lake

TWO-WEEK CHALLENGE

Week 1:

Answer these questions then add up your weekly score.

- # of mins. in the shower/day: x 15 x 7 days=
- # of times you flush the toilet/day: x 20 x 7 days=
- # of toilets that leak in your house: x 1000 x 7 days=
- # of leaky faucets in your house: x 300 x 7 days=
- # of full dishwasher loads/day: x 50 x 7 days=
- # of full sinks hand-dishwashed/day: x 35 x 7 days=
- # of full washing machine loads/day: x 200 x 7 days=
- # of times the tap runs while brushing teeth/day: x 10 x 7 days=
- # of times the tap runs while washing hands or face/day: x 8 x 7 days=
- # of times a vehicle is washed/week: x 400=
- # of minutes you water your lawn/week: x 35=

Total litres per week 1: =

Week 2:

Answer these questions then add up your weekly score.

- # of mins. in the shower/day: x 15 x 7 days=
- # of times you flush the toilet/day: x 20 x 7 days=
- # of toilets that leak in your house: x 1000 x 7 days=
- # of leaky faucets in your house: x 300 x 7 days=
- # of full dishwasher loads/day: x 50 x 7 days=
- # of full sinks hand-dishwashed/day: x 35 x 7 days=
- # of full washing machine loads/day: x 200 x 7 days=
- # of times the tap runs while brushing teeth/day: x 10 x 7 days=
- # of times the tap runs while washing hands or face/day: x 8 x 7 days=
- # of times a vehicle is washed/week: x 400=
- # of minutes you water your lawn/week: x 35=

Total litres per week 2: =

Now calculate the difference between weeks to find out how much water you are now saving your community & email, fax, or phone the CCCS office with your results:



TO GET IN TOUCH
Unit 102, 197 – 2nd Ave N.
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15 EASY WAYS to Save Water EVERY DAY



WATER WISE
A Cariboo Chilcotin
Conservation Society Program

Phone: 250-398-7929
Email: waterwise@cccconserv.org

BATHROOM TIPS

1) Using the toilet – Toilets waste the most water inside people’s homes. Here are a few ways you can reduce your toilet’s water use:

- A fun rule to follow (ask your parents for permission first) is “If it’s Yellow let it Mellow. If it’s Brown Flush it Down”. This means only flush if you went number two.
- Place something in the toilet tank to displace water, so it uses less for every flush, (ask your parents for permission first). A 2L pop bottle filled with water works well.

2) Washing your hands and face – Don’t let the tap run when you wash your hands or face and use a washcloth. Using a washcloth will leave you cleaner and you will waste less water because you can use the cloth to help you clean, NOT running water.

3) Having a bath – Plug the bathtub BEFORE you start filling it up with water so you don’t waste the cold water at the beginning. The hot water will soon follow and your bath water will still be warm when you get in... promise. And try to fill the tub only halfway: this can save up to 60 litres of water per bath!

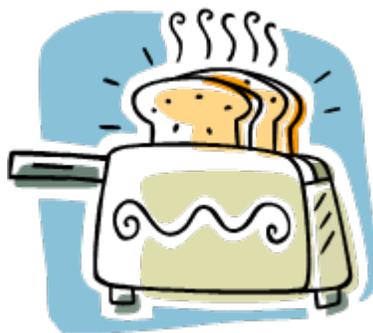
4) Brushing your teeth – Don’t leave the tap running when you are brushing your teeth. If you only turn on the water to rinse, you will save 10 litres every time you brush your teeth.

5) Taking a Shower – Next time you take a shower, hop in as soon as the water is warm, and get out a few minutes earlier than usual. Every minute you shorten your shower by saves 15 litres of water! If you shorten every shower you take by a few minutes imagine how much water you could save in a year!

6) Changing your shower – if your parents are going to buy a new showerhead, encourage them to buy one that is low-flow, aerated, or has settings. These showerheads can save up to 50% in water! Or just turn off the shower when you are washing your hair, or using the soap: this is called taking a “Sailor Shower”.



KITCHEN TIPS



7) Washing Dishes – Washing dishes in a water-wise way can save up to 1/3 the water of an older dishwashing machine. Tips on water-wise dish washing:

- use one sink for soapy water, and put clean water for rinsing in the other sink (if you only have one sink, use a big bowl for rinse water).
- Don’t rinse dishes with RUNNING water: use the clean water in the other sink/bowl
- don’t scrape and rinse dishes; instead, let really dirty dishes soak.

8) Getting Hot/Cold Water – Most of us need to run the tap when we want a glass of cold or hot water, but that wastes so much water. So, next time you need to let the tap run, put a bucket (an old ice cream bucket works well) under the tap to catch all the extra water. You can then use this clean water for other things such as re-filling your pet’s water dish, watering plants, cooking, or cleaning.

9) Washing Veggies – If your parents want help washing vegetables for dinner, don’t let the tap run while you wash them. Use a clean bowl or sink, and cloth to scrub the veggies clean.

10) Using the Dishwasher – The dishwasher uses a lot of water for each load: up to 60 litres! To save water, only run full loads in the dishwasher, re-use clean dishes (use the same cup all day for your drinking water), and hand wash if possible (washing dishes by hand uses less water than the dishwasher).

OUTDOOR TIPS

11) Using the hose – make sure your hose has a nozzle on the end of it. This saves water because you only use what you need when you press down the handle. Also, use a broom to help you clean, NOT the hose.

12) Watering your Lawn– Grass in our area only needs approximately 30 minutes of watering (one inch), twice a week to stay healthy and green. A fun way to measure one inch of water is to bring a tuna can outside with you. Place the empty tuna can on the grass and water until the tuna can is full. A way to test if your lawn needs watering is to step on it: if it bounces back up your lawn does NOT need more water. Or you could even just let your grass turn brown when it’s really hot - the grass doesn’t die, it just goes dormant.

13) Converting to Drip – using a drip irrigation system for your garden instead of overhead watering can save up to 50% of your outdoor water use! Installing a timer is even better.



CLEANING TIPS

14) Laundry Time – Next time you get changed, look at your clothes before you throw them into the laundry bin. Sometimes your clothes stay clean all day and don’t need to be washed. Also, only wash FULL loads of laundry.

15) Don’t Pollute – You can save water by not polluting. The same water that the dinosaurs used to drink is still on planet earth today but the rest of the world has changed. Whenever possible, use environmentally friendly cleaning products from the store, or make your own homemade cleaning products. Window Cleaner: mix one part vinegar to four parts water then pour in a spray bottle. Remove any streaking with newspaper. Carpet Spills: pour baking soda on the stain, let it dry, then vacuum it up.