

How to...

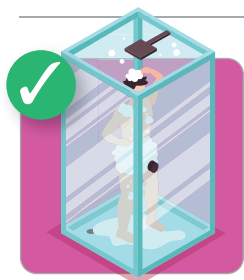
Save water

With the hot weather and hosepipe bans coming into force in many parts of the country, it's more important than ever to save water. Being smart with water at any time of year protects the planet and can save time and money, too. Why not turn it into a challenge in your family – who can save the most water and be named family water champion?

WATER WASTERS

The average person in the UK gets through 142 litres of water every day.

DO



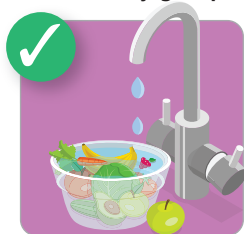
1 Take shorter showers

Showers use less water than baths but a power shower can still use about 14 litres of water a minute. Shortening a

shower by one or two minutes can save 680 litres a month. To track how long you've been in there, use a timer – or get the family to find some songs that last two minutes and sing as you splash.

2 Turn off the tap when brushing your teeth

A running tap uses more than six litres of water every minute, so turn off the tap while you brush your teeth. Use a cup of water to rinse your mouth and clean the brush, and then pour the water into a jug for pot plants or windowboxes.



3 Recycle water

Collect water after washing vegetables, cooking eggs or pasta (check with an adult that the water is cool) and even from your

pet's water bowl. Add it to your toothbrushing water to pour on your plants.

4 Check your taps

A dripping tap can waste an incredible 5,300 litres of water a year. Check that the taps in your home have been turned off properly, and put a bowl in the sink to catch any drops.



DON'T

1 Use all the cups

How many cups and plates do you use in one day? A dishwasher can use 10 litres of water every wash. Using the same cup can save dishwasher space or make washing-up quicker.



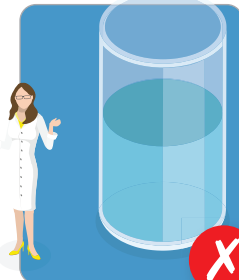
2 Wash your clothes after only one wear

When you throw a T-shirt in the washing basket think: could it be used again? (Pants and socks don't count – change them every day.)



3 Run the tap to wait for it to get cold

Want a cold drink? Keep a jug of water in the fridge to cool rather than running the tap. And finally...



4 Flush if you don't need to

Poo should always be flushed, but talk to your family about whether to flush after you pee. Each flush uses eight litres.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.



SCAN ME