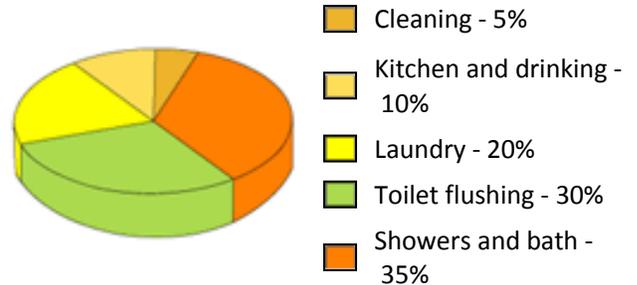


2012 Family Eco-Challenge

February, the WATER Month!

Did you know? The lowest flows for rivers generally occur in late summer, when precipitation is low and evaporation and plant use is high, and in late winter, when rivers are covered by ice and the precipitation is frozen until spring in the form of ice and snow. During the winter time groundwater seeps make up the majority of stream flows. Groundwater levels decline during the winter period and water shortages can occur with overuse or during extended cold winters without any recharge of water supplies.



Only a little bit of our clean water is used for cooking and drinking - three times as much is flushed down the toilet. We also use water for cleaning ourselves, our clothing, and our homes. Outdoors, we might spray water onto lawns and gardens, or use the hose to wash a car or create an outdoor skating rink.

It makes good sense to practice water conservation. Don't let good water go down the drain!

Water Conservation Tips

1. Install aerator attachments on sink faucets. These are known to reduce water use by 25%. *To avoid bacterial growth it is recommended that the aerator be sanitized once per month.*
2. Take shorter showers. Replace your showerhead with a water saving device such as an ultra-low-flow version. Some units are available that allow you to cut off the flow without adjusting the water temperature. Showers can also be equipped with shut-off valves that allow a person to stop water flow while soaping and shampooing. 
3. When bathing, be careful not to overfill the tub. A $\frac{1}{4}$ full tub is usually sufficient.
4. Don't let water run while shaving, washing your face or brushing your teeth.
5. Avoid flushing the toilet unnecessarily. Dispose of tissues and other similar waste in the trash rather than the toilet. The average person uses well over 100 litres of water per day just by flushing the toilet, which accounts for 45% of a person's total indoor water use. When replacing a toilet, consider a low-flush toilet that uses a smaller water tank. Or you can install a water saving device in your present toilet to reduce the amount of water used during a flushing cycle. For more information on water conservation innovations you should consult your local plumbing supply or hardware store. 
6. Operate automatic dishwashers and washing machines only when they are fully loaded. Set the water level for the size of load you are using.
7. When washing dishes by hand: If you have two sinks, partially fill one with soapy water and the other with rinse water. If you only have one sink, gather washed dishes in a dish rack and rinse them with a spray device or rinse them in a pan full of hot water.

8. When boiling vegetables use just enough water to cover them or consider steaming, which uses less water and also conserves the natural nutrients.
9. To prevent dripping faucets be sure all taps are turned off tightly but gently. Even just one drop per second from a leaky faucet can waste up to 10,000 litres of water per year. Check regularly for leaks in faucets, pipes, taps, hoses and dishwasher and washing machine fittings. If a leak is detected it should be repaired promptly.
10. Store drinking water in the refrigerator. Do not let the tap run while you are waiting for cool water to flow.

