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## 10 best ways to save water

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Reducing water usage and waste helps protect wildlife and saves the energy needed for treating and pumping water for our homes.

Here are 10 easy ways you can do your bit to save water.

### 1. Turn off the taps

Leaving a tap running while brushing teeth uses 6 litres of water a minute. And by fixing a dripping tap you can save over 60 litres of water a week.



Turn off the tap while you brush your teeth © Thinkstock

### 2. Boil what you need

Only boil as many cups of water as you need for yourself or your tea round – you'll be saving water, money and energy.

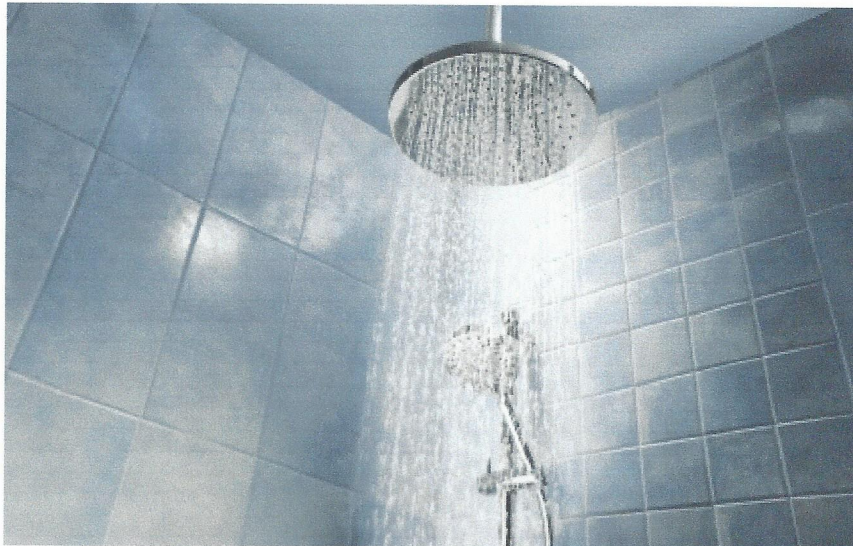


Don't fill up if you don't need to, by Cadmium

## 10 ways to help bees in your garden

### 3. Shower with less

It's easy to linger in the shower when you're sleepy in the morning – four-minute timers can help. And switching to an **efficient shower head** will allow you to lather up in less water.



Don't use a shower head that uses a lot of water, by iStock

### 4. Save up your dirty clothes

Washing a full machine load of clothes uses less water and energy than 2 half-loads. This means lower bills as well.



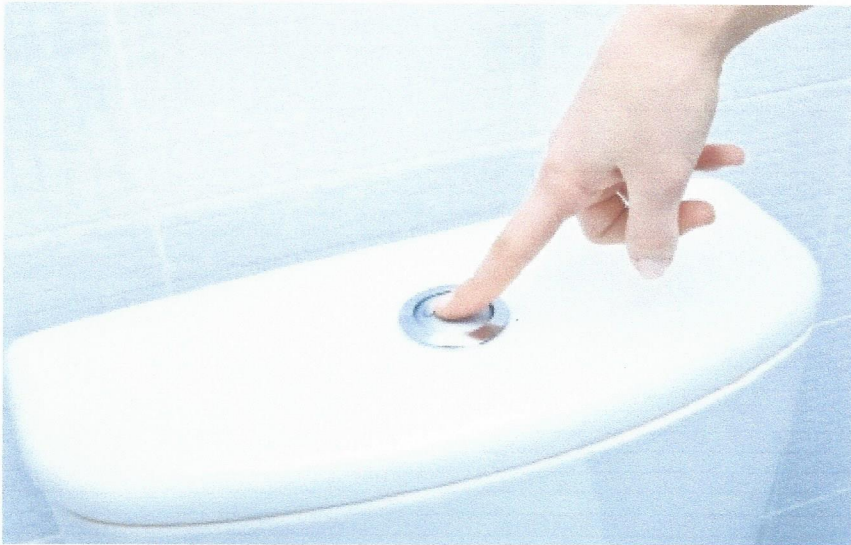


Only put on full loads of laundry © Thinkstock

#### 5. Get a low-flush toilet

The average UK household flushes the loo 5,000 times per year. Modern dual-flush systems use just 6 litres – or 4 with a reduced flush – much less than the 13 litres for each old-style single flush.

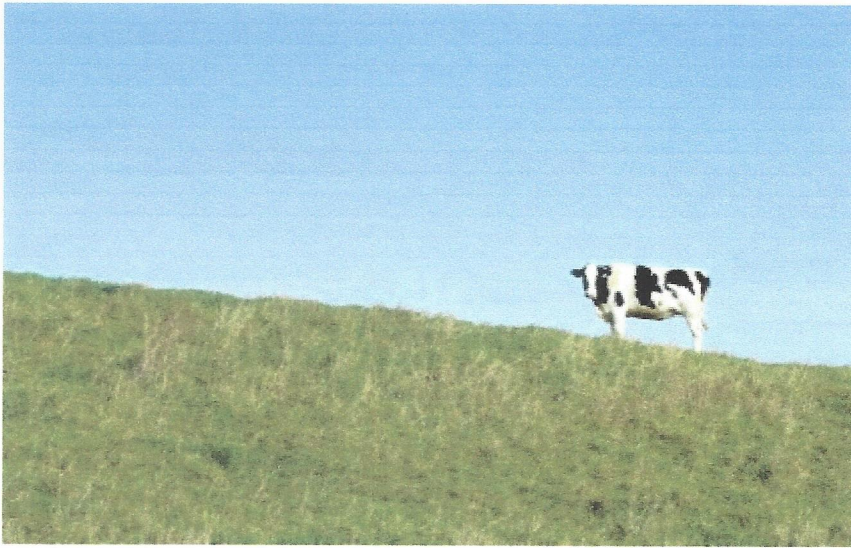




Dual-flush toilets use much less water than traditional ones, by iStock

## 6. Eat less meat

Rearing animals for meat and dairy is incredibly water-intensive. By **cutting down on the amount of meat you eat**, you could slash your water use drastically.

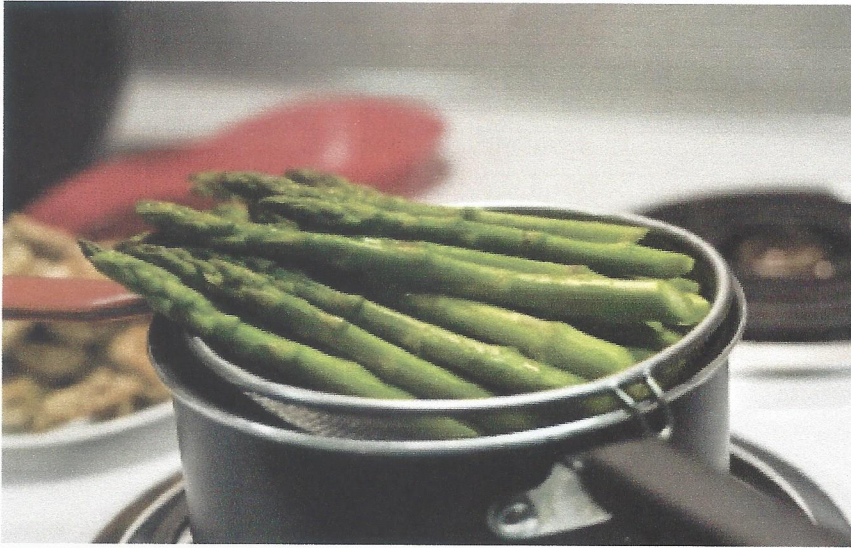


Eating less meat will save on water needed to raise cattle, by iStock

## 7. Steam your veggies

As well as using less water than boiling, steaming retains more nutrients. If you do boil, try adding the water used as a tasty stock to soups. Or let it cool and use it to water house or garden plants.





Steaming veg saves water and keeps in nutrients, by Jenn Vargas

## 8. Reduce food waste

It takes a lot of water to produce our cereal, fruit and other food. More than half of the 7 million tonnes of food and drink UK households bin every year could be eaten. So plan a week's menu and go shopping with a list - get more handy advice from **Love Food Hate Waste**.

Check use-by dates so you don't suddenly have to throw stuff out. Use leftovers to create new meals. This will help you waste less food – and save the average household £480 a year.



Cutting back on food waste cuts back on water waste © Thinkstock

## 9. Time your gardening

Water outdoor plants in the early morning or at the end of the day. This stops water evaporating straight away in sunlight and heat. Also, water onto the soil rather than leaves. This makes sure the liquid goes straight to the roots, where it's needed.





Water the soil at the plant's base not the leaves, by blueandyou.photography

### 10. Catch rainwater

Installing water butts saves you turning on the tap to water the garden — saving up to 5,000 litres of water a year. And your plants will thank you for rainwater rather than treated tap water. You can also cut water use by 33% by watering plants manually instead of using automatic sprinklers.



Using a tank to collect rainwater saves 5,000 litres a year, by iStock

Still not convinced? Consider this:

Having a shower, cooking your dinner and flushing the loo all add up to an average of **150 litres daily** for every Brit. But you take into account all the water needed to produce all the food and products we use, we actually get through a whopping **4,645 litres every day**.

## 10 ways to help bees in your garden

The original version of this blog was published on 21 March 2013.