

## Indoor Water Efficiency Practices

Many water conservation methods can be accomplished by modifying just a few everyday habits and using inexpensive upgrades to fixtures in your home.

### Laundry:

- If possible, replace older units with newer, high efficient models.
- By only washing full loads of laundry, you will conserve both water and energy.
- Use the water level setting if your washer is equipped with one.
- Rinse with cold water and only use hot water when necessary.

### Kitchen:

- Install aerators in all home faucets, by doing this, you will be able to increase spray velocity while reducing splash, water and energy use.
- If you wash dishes by hand, do not let the water run while you rinse. Fill one sink with soapy water and the other with clean rinsing water.
- Soak your pots and pans instead of letting the water run while you scrap and scrub.
- Instead of using the garbage disposal, try composting your organic material instead.
- Scrap food off of dirty dishes instead of rinsing them. Newer models of dishwashers are able to handle some leftovers and pre-rinsing is not necessary.
- Only run your dishwasher when it has a full load in it.
- Do not use running water to thaw meat or other frozen foods. This not only is a waste of water, but it can increase the potential for food borne illnesses. Instead, defrost them in the refrigerator overnight.
- Keep a pitcher of water in the refrigerator instead of running the tap every time you want a drink.
- Wash your produce in a partially filled pan instead of running the faucet and use the left over water to water your household plants.

### Bathroom:

- Like aerators, by installing low flow showerheads, you will be able to conserve water and energy.
- Try and limit your showers time to 5 minutes.
- Baths use more water than showers so try not to fill the tub more than halfway, and plug the bathtub before turning the water on and then adjust for temperature.
- Turn the faucet off while you shave and brush your teeth.
- If your home has older toilets, replace them with newer more water efficient models, or consider using a dual flush toilet.
- Do not use your toilet as a trash can.
- Check your faucets and toilets for leaks.