Learn More While Shopping Water in the News **A Pocket Guide To** Reducing While the average American drinks under You heard right—commercially bottled Check out these sites for interactive a half a gallon of water a day, our daily water is expensive, environmentally tools, including personal water footprint diets require hundreds of gallons of water damaging, and no better or safer than calculators for more ways you, your to produce. Here are some surprising tap water. Skip the bottled water and friends and family can conserve water. ways to think about your purchases: use a refillable bottle with water from One 8 ounce serving of beef requires waterfootprint.org h2oconserve.org 1,350 gallons Water Washing your car in the driveway sends epa.gov/kids/water groundwater.org One 8 ounce serving of chicken a poisonous brew of gasoline, oil and wateruseitwisely.com cleanwatermn.org requires 330 gallons detergent into storm sewers, damaging One latte requires and killing aquatic life. Instead, choose **Footprint** You can download a copy of this guide at 53 gallons a commercial car wash-and look for the Water Resource Center's website One 8 ounce serving of milk requires one that recycles its water. www.wrc.umn. 48 gallons Antibacterial soaps and detergents One orange requires 14 gallons are harmful to aquatic life and are no Water Resources Center One tomato requires 8 gallons more effective than soap and water at preventing illnesses. Washing your Water Resources Center A typical Thanksgiving dinner for six hands for 30 seconds or while humming University of Minnesota requires more than 30,000 gallons "Happy Birthday" twice is a great idea-Another reason to give up bottled water-University of Minnesota make sure to turn off the faucet while The University of Minnesota is an equal opportunity it takes 1.85 gallons of water just to manueducator and employer. This material is available in Driven to Discover™ facture the plastic for one 12-ounce bottle. you lather. alternative formats upon request: 612-624-9282. cleaning them with a hose. paper products in the trash of recycling. make a big difference over time. it's chlorine and salt free. purpose-dispose of facial tissues or Sweep your driveway or sidewalk rather water plants-it's great for plants because kitchen and garden shed. Small changes Use the toilet only for its intended Collect water from dehumidifiers to shopping and keep it handy in the when the lawn needs water. Iake this pocket guide with you option. automatic sprinklers so they run only save 50 gallons each cycle. your current toilet to a dual-flush ■ Use a sensor instead of a timer on needed rather than automaticallygallons per flush. Better yet, convert Regenerate your water softener only as streams and preserving Minnesota's most sprinkler when you're watering the lawn. e Install a low-flow toilet-save up to 5 you're supporting healthy lakes and sprinkler toys, let the kids play in the loads-save up to 30 gallons per wash. shaving-save up to 10 gallons a day. amount of contaminants you add to it, Instead of buying water slides and teeth, lathering your hands and while over top-loading models, run only full By saving water and by reducing the Inrn off the faucet while brushing your Choose a front-loading washing machine evaporation—**save 1,000 gallons a month**. on our rivers, lakes and ground water. ■ Use a pool cover to cut down on represents 5 gallons of water. fridge-save 20 to 30 gallons a month. environment by reducing chemical impact inch of bath water in a standard sized tub 🥃 Keep a container of drinking water in the facilities, uses less energy and protects our higher-save 500-1,500 gallons a month. Opt for short showers over baths—every reduces pressure on our sewage treatment Set lawn mower blades one notch rinse water continuously. collons a minute. Using less water around the house washing dishes by hand and don't run plants-save 750-1,500 gallons a month. warm up the dathroom wastes Use a basin or stopper the sink when Replace your lawn with native grasses or Running your shower's hot water to changes in our household habits. everyday, as well as making long-term save 300 gallons a month. our water footprint by making wise choices lather, then on again when you're ready avoid evaporation-save 300 gallons a Run your dishwasher only when it's fullperson every day. Each of us can reduce conserving, turn the water off while you Water in the early morning hours to Limit showers to five minutes—be ultra the goods and services consumed by that slow drip can waste up to 20 gallons dallons a month. total volume of freshwater used to produce waste-save 5 to 8 gallons a minute. Mulch trees and plants-save 750-1,500 • Identify and fix leaks immediately—a I he water tootprint of an individual is the Install low-flow showerheads to reduce In the Yard and Garden In the Kitchen and Laundry What's a Water Footprint?

in the Bathroom

vital natural resource.