

**It takes a lot of water to produce the food we eat, the energy we use and all the things that we buy. Use our water saving tips below to reduce your water use while cooking. You'll find lots of ways to shrink your water footprint.**



**Don't let your faucet needlessly run** while you're cooking. You are letting good water (as well as energy and money) run down the drain.



**Install a low-flow faucet on your sink.** Conventional faucets flow at around 19 litres per minute, while low-flow flow at 5.7 litres per minute.



**Wash vegetables and fruits** in a large bowl or tub of water and scrub them with a vegetable brush instead of using your faucet as a power-washer.



**Don't use water to defrost frozen foods.** Instead, leave them in the fridge overnight.



**Boil food in as little water as possible** to save water and cooking fuel. You just need enough to submerge your pasta and potatoes. Plus, with less water you keep more flavour and nutrients in your veggies.



**Put your vegetable steamer on top** of the rice, potatoes or pasta you're boiling to steam the veggies. You'll save water and have fewer dishes to wash later.



**Keep a bucket or pitcher in your kitchen** to collect leftover drinking water, water used to rinse vegetables and to boil food. When it's time to water your plants or garden, use this "recycled" water before you fill up your watering can from the tap.

**Use our water saving tips below to reduce your water use while washing your dishes. You'll find lots of ways to shrink your water footprint.**



**Get a dishwasher.** They almost always use less water than washing dishes by hand, especially with water- and energy-efficient models (just make sure to only run the dishwasher when it's full). Hand washing one load of dishes can use 76 litres of water, whereas water- and energy-efficient dishwashers use as little as 18.5 litres. Over time, that's a big difference!



**See:** <https://www.energyrating.gov.au/products>  
water- and energy-efficient dishwashers.



**Use the garbage disposal less** and the garbage more. Or even better, compost those scraps. Learn more about [kitchen composting](#).



**When you do wash dishes by hand**, try using a little water to get your sponge soapy and wet, then turning off the faucet until you're ready to rinse a bunch of dishes at once. Better yet, plug the sink or get a tub to wash dishes in so you don't need to let the water run.

**Use our water saving tips below to reduce your water use in the bathroom. You'll find lots of ways to shrink your water footprint.**



**Put a bucket in the shower** while you're waiting for the water to warm up, and use the water you catch for watering plants, flushing the toilet or cleaning.



**Install a low-flow showerhead.** It may cost you some money up front, but your water conservation efforts will save you money down the road. Conventional showerheads flow at 19 litres per minute or more, whereas low-flow showerheads typically flow at 9.5 litres per minute (or less!).



**Spend less time in the shower.** If you lose track of time, bring a radio into the bathroom and time yourself by how many songs play while you're in there. Try to get your shower time down to a single song (epic rock ballads like Freebird don't count!).



**Turn off the water** if you shave or brush your teeth in the shower to save time.



**Think of baths as an occasional treat** and stick to showers. The average bath uses 155 to 190 litres of water, whereas a 10-minute shower with a low-flow showerhead only uses 95 litres.

**Use our water saving tips below to reduce your water use in the bathroom. You'll find lots of ways to shrink your water footprint.**



**Get a low-flow toilet.** Flushing is the biggest water hog in the house. Older, conventional toilets can use 19.5 to 27 gallons per flush, but low-flow models use as little as 6.1 litres. Since the average person flushes five times a day, the gallons can really add up.



**Put a plastic bottle filled** with water in your toilet tank to reduce the amount of water used per flush (if you can't replace your higher volume toilet).



**To check for a toilet leak,** put dye or food colouring into the tank. If colour appears in the bowl without flushing, there's a leak that should be repaired.



**Practise "If it's yellow, let it mellow."** The saying may be cliché, but it's good advice. If you're grossed-out by the "yellow," just put the toilet lid down.



**flush things** down the toilet to dispose of them. Throw tissues and other bathroom waste in the garbage can, which doesn't require gallons of water.

**Use our water saving tips below to save water while doing the laundry. You'll find lots of ways to shrink your water footprint.**



**Use your washing machine** only when it's full to save water while doing the laundry.



**Choose an Energy star water- and energy-efficient** model if you're in the market for a new washer. It will save you gallons of water each load (and save energy too).



**Wash your jeans less** – [washing them a lot](#) will wear them out more quickly. Consider airing them out or even putting them in the freezer to freshen them up.



**For that matter, wash all your clothes less.** You don't need to wash most of your clothes as often as you probably do. Here are [some ideas](#) to help you cut back one of the biggest water users in the home and understand why [thrifting can help you buy fewer clothing items](#).



**Dry your clothes on a drying rack or a clothes line.** When you save energy, you also save water because power plants use a lot of water to produce electricity.

**Use our water saving tips below to reduce your water use while using the bathroom sink. You'll find lots of ways to shrink your water footprint.**



**Turn off the water** if you shave or brush your teeth in the shower to save time.



**Install low-flow [faucet aerators](#) in your sinks** – you can save gallons of water (and money) each time you use the tap. Conventional faucets flow as high as 5.4 litres per minute, but low-flow faucets flow at 5.7litres per minute.



**Fix those leaky faucets.** That constant drip is more than just annoying; it's also a huge waste of water. You can lose more than 76 litres of water a day from a single drippy faucet!