

ใบความรู้ที่ 46.1 เรื่อง Save Money Save Water  
หน่วยการเรียนรู้ที่ 5 แผนการจัดการเรียนรู้ที่ 46 เรื่อง Water for Life  
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## Save Money Save Water

Saving water is now more vital than ever. Climate change and population growth are expected to put more pressure on our already overstretched water system. Our water comes from rivers, lakes and sources like the Ladybower Reservoir in Derbyshire (pictured).

People living in England are facing shortages by 2050 unless we take rapid action to save water – according to the UK Environment Agency.

### Facts about using water

150 litres  
the average amount of water each of us uses every day to wash, cook and clean  
70%  
of all freshwater is used to produce the food we eat  
58  
bathtubs of water are used per person, per day to make the food we eat and the things  
we buy  
36%  
How much a vegetarian diet could shrink your food-related water footprint  
13 tons  
of water was used to make your smartphone

Read on for ways to save water which could also save you money.

#### 1. Turn off the taps

Don't let your water consumption run out of control. Save 6 litres of water a minute by turning off your tap while you brush your teeth.

#### 2. Boil what you need

Save water, money and energy by only boiling as many cups of water as you need.

#### 3. Shower with less

Every minute you spend in a power shower uses up to 17 litres of water. Set a timer on your phone to keep your showers short, sweet and water-saving.

#### 4. Save up your dirty clothes

Washing a full machine load of clothes uses less water and energy than 2 half-loads .

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

The average UK household flushes the loo 5,000 times per year . Modern dual-flush systems save huge amounts of water.

#### 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 can slash your water use drastically.

#### 7. Steam your veggies

Steam your food to cut water usage and retain more of the natural nutrients. If you do boil, try using the leftover water as a tasty stock for soups. Or let it cool and use it to water plants.

#### 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 tons of food and drink UK households bin every year could be eaten. Wasting less food could save you £480 a year .

ที่มา: <https://friendsoftheearth.uk/natural-resources/13-best-ways-save-water-heatwave-or-no-heatwave>