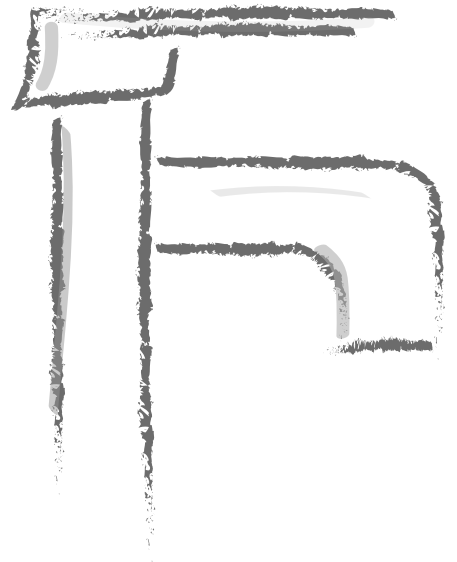


SAVE WATER IN THE KITCHEN



Why save water?

1. Using less hot water **saves you money** on your energy bill.
2. The less water you use, the **lower your carbon footprint**.
3. Only 1–2% of the water on the planet is drinkable, so it must be **used efficiently**.

How to save water

- Use tap water and soap to wash dishes whenever possible and run dishwashers on a full load if necessary.
- Use as small pots as possible when boiling or poaching.
- Steam vegetables over a boiling pot rather than boiling them in a new pot.
- Allow cooking water to cool and use to water plants.
- Keep cold water in the fridge to save running a tap until the water is cold.
- Wash fruit and vegetables in a basin or bowl rather than under a running tap.
- When making a tea or coffee, fill your mug with cold water then pour into an empty kettle. This avoids boiling excess water and using more energy than you need to.

