

# Water Conservation

Environmental Moments  
August Edition

When making your morning coffee, you may not stop to consider the value of the free-flowing water coming out of your tap. “Water, an essential element for life, makes up 71% of the planet's surface. Paradoxically, 3.5% of this water is suitable for human consumption and...to supply our physical and hygienic needs. Only 1% is available for drinking.” (Aunsary) It is easy to take this essential for granted in our day-to-day lives. However, just like any resource, potable and usable water is not in endless supply. Taking a moment to consider our management of this resource and making adjustments can help us retain this necessary component of life.



## Steps You Can Take

### Address Leaks

An average of 10 gallons is dripping out of your household every day. (National Geographic) Leaky faucets and toilets may be seeping away this important resource and money that will show up in your water bill. Taking the time to repair any leaking fixtures, or even going the extra mile to install more water efficient ones, can help save water and your wallet.

### Use Appliances Efficiently

Making the decision to purchase energy and water efficient appliances is a decision that can pay dividends in the long run. However, for those who are not in the market for new appliances it may not be in the budget to buy new ones. That does not mean that you cannot improve your water usage. Simple adjustments, such as remembering to put the correct load size on your washer, can still rack up gallons saved. Here are some other ways to cut back:

- Do not water your lawn—it accounts for 60% of your water consumption.
- If you own a pool, cover it to avoid water loss due to evaporation.
- Only wash clothes when you have a full load.
- Shave time off your showers. It is healthier for your skin and every minute shaved means gallons saved.
- Using low-flow shower heads and displacing water in your toilet can decrease their water outputs, saving it over time.

### Put More Vegetables on Your Plate

While it may seem an odd suggestion, the amount of water used in the production of meat is staggering and therefore any reduction in our consumption helps. Our daily diet requires more water than our household consumes per day. For example, “[A] quarter pounder is worth more than 30 average American showers.” (National Geographic) Instead of opting for a cut of meat and sides, try a vegetable-based dish that lets your favorite greens shine. It saves water, improves your health, and slims your waistline. When you do eat meat, opt for grass-fed varieties as the corn and other feed crops required for grain-fed livestock has a steeper toll on water consumption (National Geographic).

### Works Cited

Aunsary, Md. Nazmul, and Bo-Ching Chen. “Sustainable Water Treatment Management.” *Water Conservation and Management*, vol. 3, no. 2, 2019, pp. 11–13., doi:10.26480/wcm.02.2019.11.13.

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