

Live Healthy. Live Green.

Focus on safe water, saving water & energy

- Drink tap water instead of bottled water. Two gallons of water are wasted to process every one gallon of bottled water. About 38 billion water bottles a year end up in landfills and oil and gas are needed to make and transport water bottles.
- If you prefer, buy a filter pitcher or install a faucet filter with your sink to remove trace chemicals and bacteria.
- Keep water for drinking in the fridge instead of letting the tap water run to get cold. Drink from glasses or re-usable water bottles.
- Medicines flushed down the toilet get in the water supply. Crush pills and dissolve them in water. Mix this with used coffee grounds or kitty litter and put it in the garbage in a sealed bag.
- Don't leave the tap water running while you brush your teeth, wash your face, shave, etc. Take showers instead of baths. Spend less time in the shower.
- Have full loads before running the clothes washer, dryer, and dishwasher. Install a low-flow toilet.
- Collect rain water in barrels. Use it to water plants.

