



- Reducing your shower time to around five minutes a day can save litres of water and £190 a year on bills.
- Having a shower instead of a bath saves litres of water .
- Switch off the tap whilst brushing your teeth or shaving.
- Set a kitchen timer when washing the car, watering your garden, showering or brushing your teeth.
- Use a nozzle spray on hosepipes that can switch on/off.
- Wash your fruit and veg in a small bowl of water instead of under a running tap and recycle any water to water plants.
- Reuse water from steaming or cooking for soup bases.
- Get a water butt for your garden to collect rain water.
- Keep some tap water in the fridge instead of running the tap until it becomes cold.
- Soak dishes and pans instead of running the tap whilst you scrub them.
- Don't use running water to defrost food.

**For more water saving tips visit [www.unitedutilities.com](http://www.unitedutilities.com).**