

# Save the Rain

SAVE A RAINDROP. SAVE A LIFE.

## Calculate Personal Water Use

Fill out the chart below to estimate your daily water use.

Directions: Fill out column B with the number of times you do each action in one day. Then, multiply columns A and B to determine the estimated gallons of water you use per day for each activity. Place that answer in column C. Add the subtotals in column C, and write the final total in the box at the bottom right.

Action	A: Gallons used	B: Times per day	C: Total
Washing face / hands	1		
Taking a 15 min shower (low flow shower-head)	31.5		
Taking a 5 min shower (low flow)	10.5		
Taking a bath	70		
Brushing teeth (water running)	4		
Brushing teeth (water turned off)	.25		
Flushing toilet	4		
Shaving	1.5		
Filling a glass of water to drink and allowing the water to get cold	2		
Washing dishes by hand	.25		
Running dishwasher	3		
Load of Laundry	30		
Watering the lawn	300		
Washing the car	50		
<b>Total</b>			

Add up all subtotals: \_\_\_\_

I use \_\_\_\_ gallons of water each day. The average African family uses five gallons of water each day. If you had access to only five gallons of water a day, how would you change the way you use water? Use the information from the Personal Water Use Chart to determine what a day's worth of water usage would look like if you only had access to five gallons.



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## OUR PART IN WATER CONSERVATION

There are a number of ways to save water, and they all start with you.

1. When washing dishes by hand, don't let the water run. Fill one basin with wash water and the other with rinse water.
2. Designate one glass for your drinking water each day, or refill a water bottle. This will cut down on the number of glasses to wash.
3. Wash your fruits and vegetables in a pan of water instead of running water from the tap.
4. Keep a pitcher of drinking water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.
5. If you accidentally drop ice cubes, don't throw them in the sink. Drop them in a house plant or a pet's water bowl instead.
6. When doing laundry, match the water level to the size of the load.
7. Time your shower to keep it under 5 minutes. You'll save up to 1,000 gallons per month.
8. Turn off the water while you brush your teeth and save up to 4 gallons a minute. That's over 200 gallons a week for a family of four.
9. Turn off the water while washing your hair. Save up to 150 gallons a month.
10. When washing your hands, turn the water off while you lather.
11. Take 5-minute showers instead of baths. A full bathtub requires an average of 70 gallons of water, a 5 minute shower with an efficient low-flow water head uses just 10.5 gallons.
12. One drip every second adds up to five gallons per day! Check your faucets and shower heads for leaks.
13. Teach children to turn off faucets tightly after each use.

## Family/Classroom Activity

Together with your family or classroom, list as many uses for water as you can. Do you use water differently at different times of the year? Factor that in. Write down your top 5 uses of water in order of importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Talk:** Talk with your family/ classroom about people who live in developing countries who may not have access to safe drinking water or the luxury of toilets, washing machines, dishwashers or any running water in their homes. How do you think people without access to safe drinking water use their water differently than the way you use yours?

**Think:** Now, think about what would happen if you woke up tomorrow and you no longer had access to water at home or in your town. Your family/class will only be able to get water from a well that is located two miles from your home/school. If you had to walk miles every day to collect water discuss how you might use your water differently, what would your priorities be?

**Discuss:** Now, discuss how you might work together with your family/class to bring the amount of water that you need on a daily basis to home/school. Assign a role to each member of the family/class.