

Reducing our Water Footprint



Reducing water use at home and work is important. Canadians are among the highest users per capita globally. Water is renewable but finite. Pollution in fresh water bodies along with the negative effects of climate change places limits to the availability of clean water even in countries such as Canada, which is considered far richer in water resources than others.

Conservation vs. Efficiency

Water conservation refers to reducing water by avoiding certain activities or changing behaviour so that a given activity requires less water. For example, by shutting off the water while soaping hands, water use is avoided.

Water efficiency refers to the use of less water without avoidance or change in activity or behaviour. For example, using a low flow toilet uses less water for the same activity. Thus, the use of an efficient fixture enables us to save water for the same function with an alternative product / technology.

Water Conservation

There are several ways you can reduce water at work and home. Here are eight ideas:

1. Turn the tap off when soaping your hands and brushing teeth.
2. Install a water filter instead of purchasing bottled water. Some bottled water is withdrawn from sensitive aquifers that are slow to replenish. You will also reduce plastic bottle waste and save money.
3. Keep a pitcher of drinking water in the refrigerator instead of letting the faucet run until the water is cool.ⁱ
4. Defrost food overnight in the fridge instead of thawing it under running water.ⁱⁱ
5. At home, design your garden so it includes native species of plants. These require less water and care since they are best adapted to regional soil and climate. To find native plant species in your region, [click here](#).
6. Dispose of facial tissues and paper towel in the trash instead of flushing them down the toiletⁱⁱⁱ; it will avoid clogging the pipes, as well as potential water loss.
7. When in a hotel, opt to reuse your towels to avoid daily laundering.
8. Avoid washing your car with a water hose. Dirty oils and chemicals from cars flow into lakes and streams. Instead, consider a visit to a car wash where water use is typically more efficient and is recycled. To learn more, [click here](#).



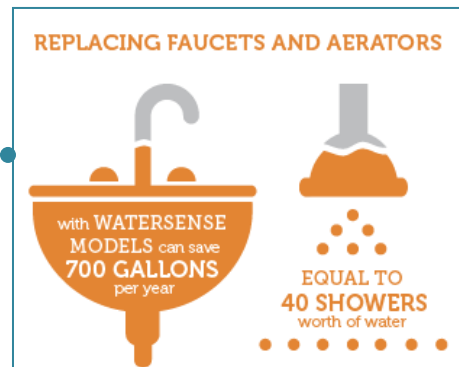
Water Efficiency

There are several ways to increase water efficiency at work and home. Here are five ideas:

1. Install water aerators on all faucets. Low flow shower heads and faucet aerators are inexpensive and can reduce water consumption by as much as 50%.^{iv}
2. Run your washer and dishwasher only when full. You can save up to 1,000 gallons a month.^v
3. Consider installing WaterSense certified fixtures which meet water efficiency criteria of the U.S. Environmental Protection Agency (EPA). To learn more, [click here](#).
4. At home, install a water meter and check for leaks. An average home loses approximately 13% of water to leaks. Check hoses, connectors and faucets.^{vi}
5. When watering your garden, consider the use of drip irrigation technology which distributes water to the plant root. Drip irrigation requires 20-50% less water than sprinklers.^{vii} To learn more about efficient gardening, see Water Efficient Landscaping by [clicking here](#).

Replacing old, inefficient faucets and aerators with WaterSense labeled models can save the average family 700 gallons of water per year, equal to the amount of water needed to take 40 showers.

Source: U.S. EPA



More Information

Contact us with your questions and/or suggestions:

- Phone: 416.364.0758
- Email: ccto-sustainability@quadreal.com

Did you know?

Canadians use nearly 6,400 litres of water every day, which is more water than a daily 10-minute shower produces in two months.

The Walter & Duncan Gordon Foundation



End Notes

ⁱ Water Use It Wisely: 100+ Ways To Conserve Water, Tip #60. <http://wateruseitwisely.com/100-ways-to- conserve/?view=list>

ⁱⁱ Metro Vancouver: We Love Water, Indoor Tips. <http://www.metrovancouver.org/welovewater/indoor-tips/defrost-food>

ⁱⁱⁱ Water Use It Wisely: 100+ Ways To Conserve Water, Tip #40. <http://wateruseitwisely.com/100-ways-to- conserve/?view=list>

^{iv} Earth Easy: Low-Flow Aerators/Showerheads http://eartheasy.com/live_lowflow_aerators.htm

^v Water Use It Wisely: 100+ Ways To Conserve Water, Tip #60. <http://wateruseitwisely.com/100-ways-to- conserve/?view=list>

^{vi} Metro Vancouver: Tips to Conserve Water at Home <http://www.metrovancouver.org/services/water/conservation- reservoir-levels/water-conservation-home/Pages/default.aspx>

^{vii} U.S. EPA: Water-Saving Technologies <https://www3.epa.gov/watersense/outdoor/tech.html>

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