

SAVE WATER - IT MATTERS

Anglian Water is working in
your area to help you and
your family save water

Name:

Number of people in my house:

See how you
can save
water, with
games,
quizzes and
Wordsearches inside

love every drop
anglianwater





WHY SAVE WATER?



Our region is one of the driest in the country.

WE ALL USE AROUND 133 LITRES OF WATER EVERY DAY

for washing, cleaning, cooking, drinking and flushing the toilet.

DID YOU KNOW?



66.5 x 2 LITRE BOTTLES OF WATER = 133 LITRES OF WATER

Quiz the grown-ups and see how well you all score over the next eight questions.

CLIMATE CHANGE



THERE ARE CHANGES TO THE GLOBAL WEATHER PATTERNS THAT WE WILL ALL BE AFFECTED BY.

- Which city has the least rainfall?
 - A. Norwich, UK
 - B. Sydney, Australia
 - C. Rio de Janeiro, Brazil
- What percentage of the Anglian Water region is below sea level and protected by sea defences?
 - A. 9%
 - B. 22%
 - C. 31%

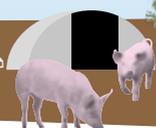
ENERGY



THE GENERATION OF ELECTRICITY IS ONE OF THE CAUSES OF POLLUTION AND A RESOURCE WE NEED TO LOOK AFTER.

- Anglian Water uses in a day the same amount of energy as?
 - A. 40 houses for a year
 - B. 4 houses for a year
 - C. 4 houses for a day
- In your home how much energy goes into heating water?
 - A. 25%
 - B. 10%
 - C. 18%

ENVIRONMENT



IT ISN'T JUST PEOPLE WHO NEED WATER. WATER NEEDS TO BE SHARED AND USED BY ALL LIVING THINGS TO SURVIVE.

- Where does tap water come from?
 - A. Sea
 - B. Sewers
 - C. Rain
- How much water in this region is used for farming each day?
 - A. 10%
 - B. 1%
 - C. 5%

MONEY



SAVING WATER CAN ALSO HELP TO SAVE MONEY ON YOUR BILLS IF YOU HAVE A WATER METER.

- A litre of water from your tap at home costs how much?
 - A. 10p per litre
 - B. 0.1p per litre
 - C. 25p per litre
- Can you find out from your parents or carers how much your water and sewage bill comes to?

READING YOUR WATER METER

Grab a grown-up and have a look at your water meter, but take care.

Don't have one? Don't worry, you can get one from Anglian Water for free.

HOW TO READ YOUR METER

Reading your meter is easy. You will have either a Type 1 or 2 as shown below.



Meter type 1
If you have an older style meter, your display should look like this. The black digits with white background indicate the cubic metres used and will be the digits you need to read – just the first five digits. So in the example shown, the meter reading would be 00158.

Meter type 2
If you have a digital meter, your display should look like this. We only use the digits in the top row. So in the example, the meter reading would be 000189. These meters flash alternative screens from time to time. This is completely normal and indicates your meter screen is working correctly.



Read the numbers on your meter and record them here:

□ □ □ □ □ □ □ □

OVER 80% OF HOMES ACROSS THE ANGLIAN WATER REGION ALREADY HAVE A WATER METER



LOOK OUT FOR COLIN FITTING WATER METERS IN YOUR AREA

WATER DIARY

Record how many times you use water in a day. Make a tally for each of these.

WATER USE	YOUR TALLY	YOU COULD SAVE	HOW YOU COULD SAVE
Flush the toilet		1 ltr	By putting a free Save a Flush in your cistern
Wash hands		5 ltrs	Save 5 litres if you use a plug in the basin
Brush your teeth		12 ltrs	Turn off the tap while brushing your teeth
Have a shower		16 ltrs	Spend 2 minutes less in the shower
Take a bath		25 ltrs	Try filling your bath only two-thirds full, instead of to the rim
Have a drink		5 ltrs	Put a jug of water in the fridge instead of running the tap for a cool drink
Eat a meal (water for cooking)		12 ltrs	Instead of running the tap for 2 minutes, wash vegetables in a bowl
Wash up plates and cups		15 ltrs	Wash dishes by hand in a bowl instead of half filling the dishwasher
Wash clothes		10 ltrs	Only wash full loads of laundry
Water the plants		200 ltrs	Install a water butt to collect rainwater for your garden

What will you do differently to save water?

	SAVING MADE EACH TIME	TIMES IN WEEK 1	WEEK 1 TOTAL	TIMES IN WEEK 2	WEEK 2 TOTAL
Spend 2 minutes less in the shower	16 ltrs				
Try filling your bath only 2/3 full, instead of to the rim	25 ltrs				
Turn off the tap while brushing your teeth	12 ltrs				
		WEEK 1 TOTAL		WEEK 2 TOTAL	

FIND OUT MORE TIPS TO SAVE WATER IN THE NEXT FEW PAGES

KITCHEN TIPS

There are lots of ways that water can be used in the kitchen. Some of them are listed in the Wordsearch below

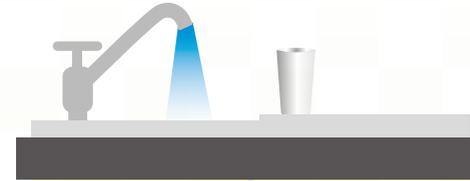
- | | | |
|-------------|-----------|-----------------|
| Bowl | Half full | Sink strainer |
| Cooking | Jug | Tap aerator |
| Dishwasher | Kettle | Thirty degrees |
| Drip | Lid | Washing machine |
| Eco setting | Plug | Water bottle |
| Full load | Reuse | |

FIND OUT HOW TO KEEP IT CLEAR AND NOT BLOCK PIPES AT ANGLIANWATER.CO.UK/KEEPITCLEAR

G J F U L L L O A D D T B E
 D K W R C O W A F N V H N L
 Y Y A G E C O S E T T I N G
 H O S T U N B F K P T R Q U
 R W H Y K H G R E A X T A L
 E D I S H W A S H E R Y B P
 A G N N U Q U I K C O D I L
 S R G U J W K N P E T E M N
 G W M B H Y I K L W A G L B
 J Q A C E U D S X A R R H V
 K U C A V K F T C Q E E J Z
 L A H E A E H R B U A E O S
 R L I W P H A A Y L P S D K
 A E N C O O K I N G A L L I
 N L E G R J F N E O T P L P
 B T J H A U D E S R L W U O
 T T H Y T F C R O G H D F L
 R E U S E D T G H P K L F K
 H K M F A S F G H I N M L T
 R W F E L T T O B R E T A W
 A Q H J I A S U K D N G H F

ACTIVITY

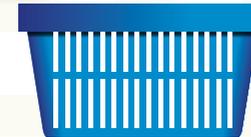
Write down how many times you and your family do the following in one week:



RUN THE KITCHEN TAP TO MAKE A DRINK



FILL THE BOWL TO WASH THE DISHES



USE THE WASHING MACHINE



USE THE DISHWASHER

DID YOU KNOW?

A running tap can use 6 litres in a minute.

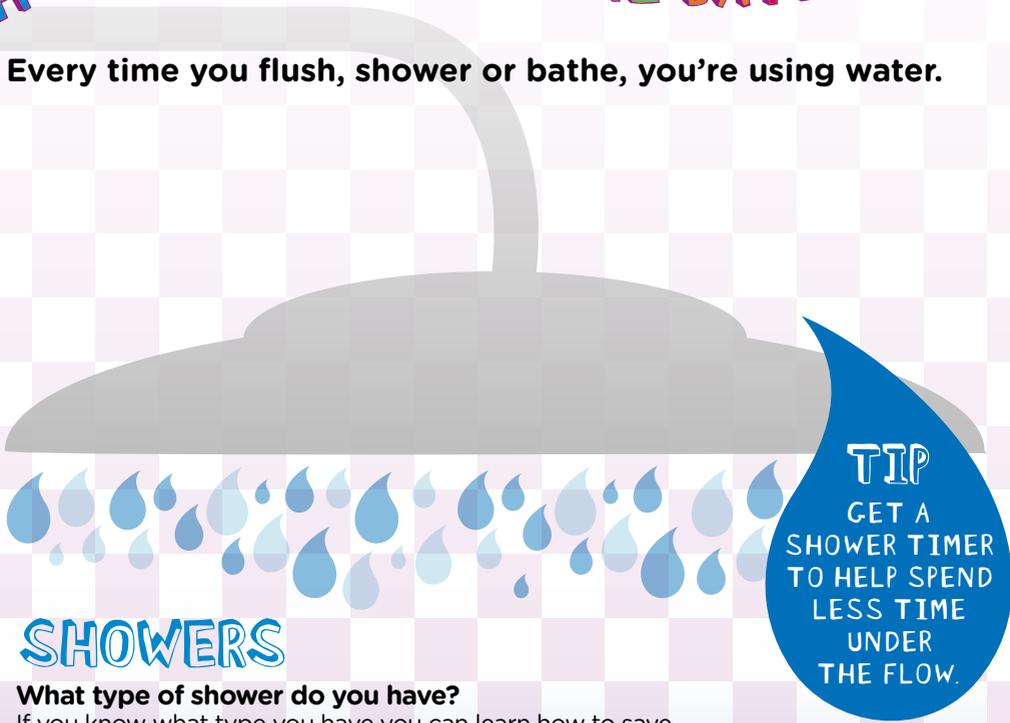
The washing machine uses 50 litres per washing cycle.

The dishwasher can use 10 litres per cycle on an eco setting.



HOW TO SAVE IN THE BATHROOM

Every time you flush, shower or bathe, you're using water.



SHOWERS

What type of shower do you have?

If you know what type you have you can learn how to save.

POWER SHOWER

They use a lot of water. Try using a lower setting or spend less time in the shower.



ELECTRIC SHOWER

These are usually pretty water efficient. Just don't spend too long in the shower.



GRAVITY SHOWER

Get an aerator from Anglian Water to pump out air bubbles with the water.



TIP
GET A SHOWER TIMER TO HELP SPEND LESS TIME UNDER THE FLOW.

ACTIVITY

Measure your shower flow - use a bucket to run the shower for 30 seconds to collect the water. Measure how much you collect and double to get the flow rate per minute.

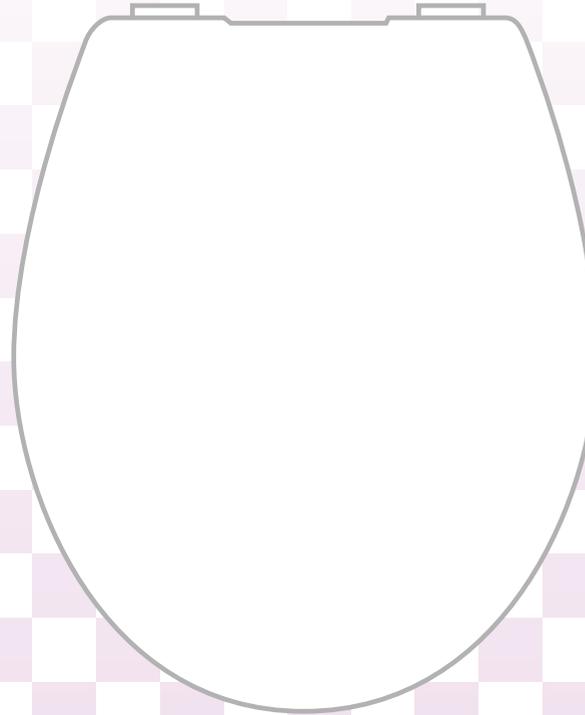
Write your flow rate here:

TOILETS

Did you know that 1/3 of the water used in your home each day goes down the loo.

ACTIVITY

Design a funky loo seat.



BATHS

TIP DON'T FILL IT UP SO MUCH.

Did you know that each centimetre of water in your bath is approximately 3 litres of water?

Get your parents/carers to look at anglianwater.co.uk/bitsandbobs to arrange a free water audit at your home.

Which loo do you use?



Handle single flush - your toilet may be able to be turned into a dual flushing one by fitting a device free from Anglian Water.

Two button - do you know which button to use?

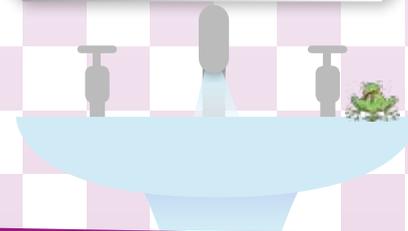


Large cistern - get a hippo - a free product to reduce the amount of water flushed.

SINKS

Tips to save water:

- Put the plug in to wash hands and face
- Turn off the tap when brushing teeth
- Don't wash vegetables under running taps - use a bowl
- Turn it off, don't leave taps running when they aren't needed
- Fix dripping taps



ACTIVITY

Run the tap for 15 seconds and catch the water in a jug. Then work out how much water would be used if you left the tap running for 2 minutes while you brush your teeth.

How much would you save?

GARDEN

Create your own 'spot the difference' between a water efficient and water wasteful garden.

Use the information below to create this.

THINGS THAT COULD BE INCLUDED:

Not water-wise

- Down pipe into drain
- Washing car with hose
- Sprinkler
- Dripping hanging baskets/pots
- Paddling pool
- Water bombs/super soaker

Water-wise

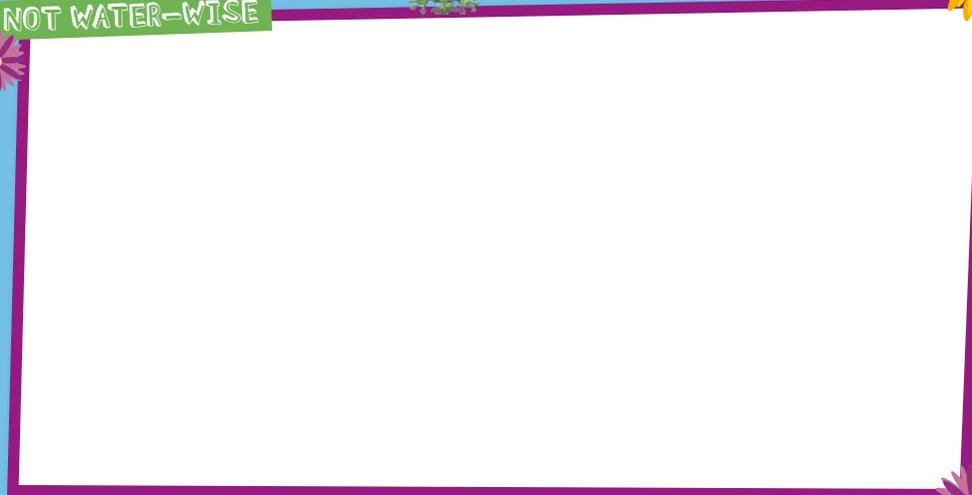
- Water butt
- Washing car with bucket
- Watering can
- Plants that don't need much water
- Sand pit
- Small water pistol



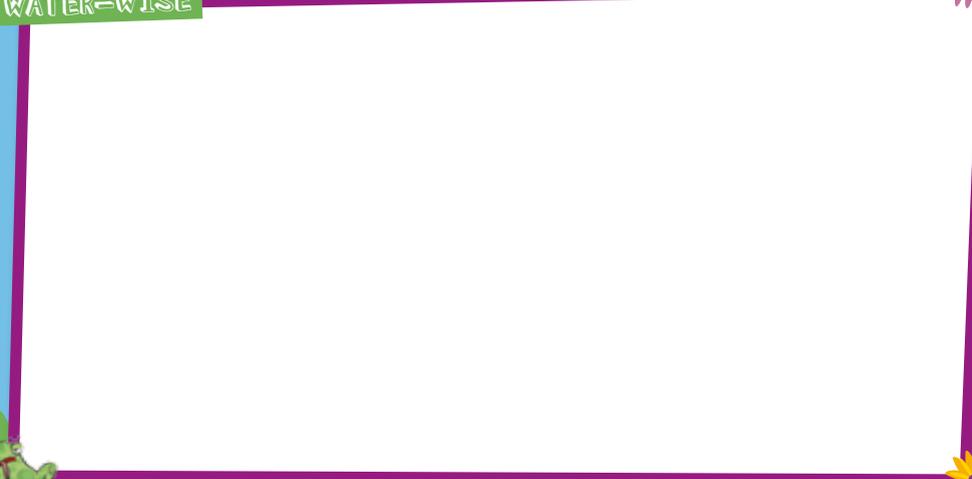
HOW MANY OF THESE FROGS CAN YOU FIND IN THIS BOOK?



NOT WATER-WISE



WATER-WISE



THERE ARE WAYS TO USE WATER WISELY OUTDOORS



GO TO
ANGLIANWATER.CO.UK/
THEPOTTINGSHED TO
ORDER YOUR FREE GARDEN
KIT INCLUDING SEEDS, AND
TO FIND OUT MORE WAYS
TO USE WATER WISELY IN
YOUR GARDEN.



CHECK WHEN ANGLIAN WATER IS COMING TO YOUR AREA

visit inyourarea.digdat.co.uk

WHERE TO GET A METER?

Visit anglianwater.co.uk/metering

METER INSTALLATION

Phone **0345 850 5852**

HOW TO GET BITS AND BOBS?

Visit anglianwater.co.uk/bitsandbobs



HOW MUCH WATER DO YOU USE?

1. A - Norwich has around half the rainfall of Sydney and Rio de Janeiro per year
2. B - 22% - Much of the Anglian Region is low-lying, such as the Norfolk Broads, river channels and coastal areas. Even a small amount of sea level rise could have a huge impact
3. A - 40 houses for a year. The processes to clean water and sewage and pump water to and from houses uses vast amounts of electricity
4. C - 18% of household energy is used making hot water, therefore, saving water saves energy
5. C - Rainwater is collected in rivers and from underground lakes called aquifers which is collected from the water cycle
6. 10% - Farming is one of the main uses of water so we need to make sure there is enough to produce important crops and enough for us to use too
7. B - It only costs 0.1p for a litre of water that comes out of our taps
8. Find out how this compares to other people in your school? Think about how many people live in your house.

GARDEN SECTION FROGS: 22