

## Water-Saving Tips for Your Day-to-Day Routine Without Spending a Penny

# Using less water



### Short and Sweet Showers

A 5-minute shower uses less water than a longer shower or bath, without compromising cleanliness.



### Turn Off the Tap

Soap your hair, hands, or brush your teeth without leaving the tap running.



### Capture the Cold Water

While waiting for the shower to heat up, save the cold water and use it for tasks like watering your plants.



### Soak Your Veggies

Rinse your fruits and veggies in a bowl of water instead of running water from the tap.



### Boil Wisely

For sink tasks that require hot water, boil the kettle or use a bowl instead of leaving the hot tap running.



### Kettle with Purpose

Only fill your kettle with the amount of water you actually need.

For a range of other support available in Newham, visit  
[newham.gov.uk/council/cost-living-response](https://newham.gov.uk/council/cost-living-response)

## Water-Saving Tips for Your Day-to-Day Routine Without Spending a Penny

# Use water wisely



### Water Wisely

Be an early bird or a night owl. Water your plants in the morning or evening when temperatures are cooler to minimise evaporation.



### Reuse Water

Water your plants with cooled water from rinsing fruit and veggies or from saucepans.



### Cool Down Your Plants

Place ice cubes under the soil in hanging baskets, planters, and pots to give your plants a cool drink and prevent water from overflowing.



### Full Loads Only

Use your dishwasher and washing machine only when they're full to maximise efficiency.

## Support if you are struggling to pay your bills

- WaterHelp for anyone struggling to pay their bills [thameswater.co.uk/help/account-and-billing/financial-support/waterhelp](https://thameswater.co.uk/help/account-and-billing/financial-support/waterhelp)
- WaterSure is for people who are on a water meter and use more water due to a large family or a medical condition [thameswater.co.uk/help/account-and-billing/financial-support/watersure](https://thameswater.co.uk/help/account-and-billing/financial-support/watersure)

## Help for reusing water:

- Wastewater Abatement [thameswater.co.uk/help/account-and-billing/understand-your-bill/reduce-your-wastewater-bill](https://thameswater.co.uk/help/account-and-billing/understand-your-bill/reduce-your-wastewater-bill)