

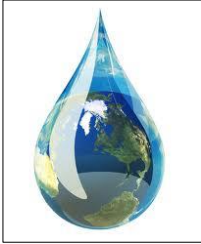
# HELPFUL HINTS

from

Householders' Options to Protect the Environment (HOPE) Inc. (Australia)

## Being environmentally-wise around the house

Compiled by Steve Cupitt, Crossroads Rural and Environment (August 2019)



### Water Saving

- Consider purchasing a front-loading washing machine, or one with a Water Wise rating high than 4.
- Adjust the water level according to the size of your wash load.
- If the function is available, use the eco setting on your washing machine and dishwasher where possible.
- Install dual-flush toilets, if a new toilet is out of the question, consider a water saving gadget for older toilets, example of these are Waterwiz (Toilet Water Save) and Flexiflush or a small brick in the

tank.

- Catch the cold water flushed from hot water pipes, whilst in the shower or running to water your plants.
- Don't over flush your toilet – items such as cigarette butts, tissues and rubbish don't need to be flushed and can cause sewerage and septic problems.
- In regards to flushing of the toilet, to save water, remember the old saying, *"if its yellow, let it mellow, if its brown, flush it down"*.
- Take shorter showers; perhaps consider a short shower timer.
- Install solar
- Move the teenagers out. They use 300 litres of shower water each.
- When bathing children or pets only fill the bath up with as much water as is needed.
- Replace old shower heads with water saving heads, these save between 6-11 litres per minute.
- Don't shave your legs in the shower, use a container of water and use it to shave. For men, don't rinse your razor under a running tap, use a container or sink of water to rinse.



- Don't leave water running while shaving or brushing your teeth.
- Install aerating taps.
- Ensure taps are properly turned off.
- Install flow restrictors.
- Ensure your dishwasher is full before running a cycle.
- Consider purchasing a water efficient dishwasher, and continue to run it on a full load and an eco-setting.

- When washing dishes by hand don't rinse them under a running tap. If you have 2 sinks fill the second with plain water to rinse in.
- Similarly, wash vegetables in a half-filled sink of water instead of under a running tap.
- Use a sink strainer to catch food debris from dishes, the waste can then be thrown in the bin rather than flushed down the drain with running water.
- Where possible, try to use phosphate free environmentally friendly dishwashing detergents and cleaning products in all wet areas as this reduces the need to rinse.
- Use only as much water as you need in the kettle and reduce your electricity usage at the same time.
- Don't use running water to defrost food, place in the refrigerator and defrost overnight or microwave.
- Microwave or steaming in a pressure cooker is the most water efficient method of cooking. Also ensure pot lids have a tight seal.
- Keep a container of water in the fridge so you don't need to run the tap until the water is cool enough to drink.
- Make sure the thermostat on your hot water system is not set too high, adding cold water to very hot water is wastefully and energy in-efficient.
- Reduce your water pressure. A registered plumber can install a pressure reduction valve.
- Fix dripping or leaking taps and check your house for hidden leaks, by turning off all taps and checking to see that your water meter isn't ticking over



### Water Saving in the Garden

- Install a grey water system and, then recycle your 100% environmentally friendly grey water onto your gardens.
- Install rainwater tanks.
- Make sure your sprinklers are positioned well and are only watering your plants and gardens and not paved areas.
- As lawn requires a high amount of water, choose a slow growing or water saver variety or plant gardens over lawn.
- Aerate or spike your lawn as this allows for more effective watering.
- A good soak every now and then with a hand-held hose will help make your lawn more drought resistant with deeper roots.
- Use old bath water on your garden and lawns.
- Consider installing a bore to utilise ground water.
- Water the roots of the plants rather than the leaves and stems.
- Watering in the cool of the morning or evening prevents evaporation.
- Install a water wise irrigation system available from endorsed irrigators. Or consider a drip watering system and use a timer.
- Avoid putting high water use plants in hot sunny positions, visit a garden centre and get advice on the overall layout of your garden.
- Plant drought tolerant native plants.
- Use soil conditioners and wetting agents to retain the moisture in your soil.
- Deep mulch and add compost to your soil.
- Use a cover on your swimming pool to prevent evaporation.
- A pool surrounded by decking loses less water to evaporation.
- Be alert and cover your pool on windy days as evaporation increases with wind rate.
- Fill your pool to half way up the skimmer opening, overfilling your pool causes it to operate inefficiently and wastes water.
- Never hose down paved areas, instead sweep or use a blower.
- Wash cars, boats, trailers etc. on the lawn and (if practical) with a bucket rather than a hose.
- Use a commercial car wash that recycles water.

### Recycling

- Separate plastics and cardboard from non-recyclable products;
- Mulch and compost for use on the garden;
- Buy a quality mulcher and mulch everything (paper, peelings, egg shells etc.) for use back on to the garden.



### Wildlife Friendly Gardens

- Plan for gardens with mixture of shrubs, trees and open space;
- Plant, per garden, an additional 70 shrubby habitat trees for small birds;
- Place hollow logs and rock on the ground for additional reptile and mammal habitat;
- In addition to bird-baths, place wildlife watering points in the garden at ground level for use by mammals and reptiles;
- Allow the natural regeneration of Eucalypt trees to ensure large Eucalypts continue to be a feature of the landscape;
- If you have a larger block of land, consider a cool burning fire regime for a grassy ecosystem that will benefit Bettong, Echidna and Bandicoot as well as a broad number of snakes, skinks and lizards;
- Consider developing a network of like-minded gardeners interested in encouraging and protecting wildlife to the garden environment and awareness to raise an awareness of the attributes that define a wildlife friendly garden;
- Remove environmental weeds from the garden and replant with natives (i.e. Remove Asparagus Vine, Indian Hawthorn, Moth Vine, Mother-of-Millions, Prickly Pear, Privet etc.);
- Removal of exotic garden species and replacement by not only general natives, but by native's endemic to the area; and,
- Shop for native plants locally and access local knowledge.



For further information about Householders' Options to Protect the Environment (HOPE) Inc. (Australia) and its activities contact the office at:

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