



## ***Liquid Knowledge: The NPC Debrief of How Water Matters! and What YOU can Do*** **June 15, 2010**

### **Resources and Ways to Take Action**

#### **Did You Know ...**

- Water makes up 65% of our bodies. If we lose 12% of that, we die.
- Only 1% of the total water resources on earth are available for human use.
- While 70% of the world's surface is covered by water, 97.5% of that is salt water.
- Of the remaining 2.5% of freshwater, almost 68.7% is frozen in ice caps and glaciers.
- The average American uses 100-176 gallons of water at home each day.
- It takes a lot of water to do and make most things. Ex: It takes 140 liters to make 1 cup of coffee!
- The 80,000 stream miles in Pennsylvania are the most of any of the lower 48 states and second only to Alaska.

#### **Ways that YOU Can Conserve Water ...**

- Take a shorter shower. Even reducing it by a minute will save up to 150 gallons/month.
- Install aerators on sink faucets. They are inexpensive and available at local home supply stores.
- Verify that your home is leak-free (many homes have hidden leaks). Check your water meter before and after a two-hour period when no water is used. Did the meter change? You have a leak. Fixing leaks could reduce water use in the average household by 5-15%.
- You can save water by eating less meat, drinking tea instead of coffee, or, even better, drinking plain water.
- Not wearing cotton but artificial fiber clothes also saves a lot of water.
- Incorporate more native plants into your landscape designs. Plants that naturally live in your region will require less special water than high maintenance foreign plants that are not adapted to the particular levels of rainfall.
- Buy products such as showerheads, faucets, and toilets that have the WaterSense label. This label indicates that the products in question meet EPA standards for water efficiency and performance.

#### **Resources to LEARN and DO more!**

- *More water saving tips:*
  - <http://www.wateruseitwisely.com/100-ways-to-conserve/index.php>
  - <http://www.epa.gov/watersense/pubs/res.html>
- 3 Rivers Wet Weather <http://www.3riverswetweather.org/>
- Allegheny Land Trust <http://www.alleghenylantrust.org/>
- Creek Connections <http://creekconnections.allegheny.edu/SouthwestPAWaterwayInfo.html>
- Marcellus Shale <http://www.popcitymedia.com/features/marcellus060210.aspx>
- Pittsburgh Water & Sewer Authority <http://www.pgh2o.com/>
- Pure Water for All <http://www.purewaterforall.org/>
- River Alert Information Network <http://www.3rain.org/>
- Riverlife Task Force <http://www.riverlifepgh.org/>



- The Black and Gold City Goes Green <http://www.theblackandgoldcitygoesgreen.com/>
- The Nine Mile Run Watershed Association <http://www.ninemilerun.org/>
- Three Rivers Rain Garden Alliance <http://raingardenalliance.org/>
- Three Rivers WATERKEEPER <http://threeriverswaterkeeper.org/>
- WaterFootPrint.org <http://www.waterfootprint.org>



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