

HOW TO PROTECT WATER AND MAKE HAPPINESS FLOW

The Aveda network has raised over \$38 million to protect clean water since you can help with these tips:

SAVE TIME. SAVE WATER.

Cut just 3 minutes from your usual shower time, and you'll save an average of 6 gallons (22.7 liters) of water.* If you shower daily, you could save 2,190 gallons (8,290 liters) of water a year!

FILL UP TO CUT DOWN.

Make sure your washing machine and dishwasher are filled to capacity before running them—to cut energy and water use. You can save even more by air-drying your clothes on a clothesline.

PLANT ICE.

Place ice cubes under the moss or dirt of your potted plants and hanging baskets you give your plants a cool drink that won't overflow or waste water. Use leftover ice for your drinks instead of wasting it.

MAKE MEALS MEATLESS.

Skip meat one day a week and save thousands of gallons/liters of water! It takes up to 5,000 gallons (18,927 liters) of water to produce one pound of meat.**

SAVE ELECTRICITY—AND WATER.

It takes about 2 gallons (7.6 liters) of fresh water to generate each kilowatt-hour of traditional electricity. So turn it off if you're not using it!

BRUSH BETTER.

Turn the water off when brushing your teeth. Save 4-10 gallons (15–38 liters) a day!

*See www.home-water-works.org/indoor-use/showers

**eatingwell.com/food_news_origins/green_sustainable/6_reasons_to_eat_less_meat