

## *Yogini's Favorite Water (and time!) Saving Tips*

*In my many trips to the cabin, where water is precious and must be carried in, I've learned the following tips. Please use any that fit your lifestyle.*

- 1. When washing produce, **keep your wash water** to use for watering your houseplants. The same is true for water used to steam veggies or cook pasta (just allow it to cool first). If your plants are outdoors, water them early in the morning and late at night (after sunset).*
- 2. **Shower less often and/or in teams.** Am I suggesting you be gross? No. But have you tried showering every 36 hours instead of every 24? It fits nicely into a regular schedule, alternating morning and evening showers. Try it out on the weekend first and see if you could make it work more of the time. This could save you an hour a week, and wouldn't you like an extra hour?*
- 3. Wear most clothing many times before washing. Undergarments, exercise clothes, and socks are the exception.*
- 4. If you handwash your dainties anyway, undergarments can be washed in the shower water as you wait for it to warm up.*
- 5. Handwash dishes like you're camping: wet them, turn water off. Soap. Rinse.*
- 6. Use a waterbottle all day rather than filling several cups that need to be washed.*
- 7. Wash your pets outside in the yard with a soap that is safe for both!*
- 8. Wash and chop all of your veggies for the week and prepare food in batches. If you wash and chop a carrot each day vs. washing a whole pound and chopping at once, you'll save water and oodles of time (I have another sheet about clever meal-planning that will give you more ideas).*
- 9. Put the rain to work! Some places you can catch rainwater for reuse using a rain barrel, but check with your city first because it is not permitted in some places (Colorado Springs, for instance). Take your empty garbage cans outside for a good rinse, scrub down your car, or lay your door mat and car mats outside during a sprinkle.*
- 10. One pot meals save time and money, and are much easier to clean up! Main-meal salads, soups, curries, etc. have much easier cleanup if you rinse your meal dishes into your prep dish.*