



**The Art of Sustainable Living:** based on the principles of One Planet Living

## 6. SUSTAINABLE WATER: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the sixth of the One Planet Living principles and the first in the **SUSTAINABLE** group: that's **SUSTAINABLE WATER**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community, is that local supplies of freshwater are often insufficient to meet human needs due to pollution, disruption of water cycles and depletion of existing stocks.

To address this, we must make sure everyone has access to clean drinking water, use water efficiently and return it clean to the environment and contribute to sustainable water management and flood risk mitigation.

Next to air, water is the most important element for the preservation of life. Yet water is a finite resource: there are 326 million, trillion gallons of water on earth. 97.5% is locked in seas and oceans, too salty for human use. Most of the remaining 2.5% is in the ice caps. We humans depend on less than 1% which is available as fresh water.

There are so many ways we can look after water all based on three simple ideas: keeping it clean, using less and helping it flow.

Be mindful at all times of what you pour down your sink and flush down your toilet. For sinks avoid fat, oil and grease and any toxic liquids. Toilets should only receive the 3 Ps: pee, poo, and paper.

Save water in the home by turning that tap off, showering not bathing, checking for leaks, running fully loaded dishwashers, or washing machines. In the garden, use grey water, collect rainwater and water at the right time.

And don't forget about embedded water. That's water "hidden" in the products, services and processes we buy and use every day. It takes 5 litres of water to produce a one litre bottle of water, 140 litres to grow enough coffee beans for a single cup of coffee, 4,000 litres to make a pair of jeans and a whopping 15,500 litres of water for a kilo of beef!

Helping water flow means reducing the amount of water entering the drainage system, overwhelming it and causing flooding. Individually we can help by NOT covering our driveways and gardens with concrete or tarmac but instead using permeable surfaces so the water can soak into the ground.

At the Green Centre we've been practising, keeping it clean, using less and helping it flow since 2006. We've been to Peacehaven Water Treatment works and even been involved in a water project in Colombia.

You can find out more about the Green Centre **SUSTAINABLE WATER** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

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