

12 smile!

Dentists recommend brushing your teeth for three to four minutes after every meal. Some people like to leave the tap running while they clean their teeth, but a running tap uses about 16 litres of water per minute. So if you brush three times a day you could use 190 litres of water – that’s over twenty buckets a day! The water going down the sink does nothing to make your teeth cleaner so just wet your brush, fill a glass for rinsing and turn off the tap.



Test yourself and see how much water you can save when you clean your teeth.





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When you walk through the house at night, how many little red and green lights can you see? All those lights on TVs, DVD players, stereo systems, radios and video game consoles cost money – about \$100 a year. This standby power accounts for around 10% of Australian household electricity use. It also creates lots of unnecessary greenhouse gases – so here's another way to help save the planet and money at the same time. You do need to be careful as some appliances lose their programming if they are turned off at the power point, so ask your parents first.

 **Put powerboards with individual switches in accessible places so you can turn things off easily.**

