

Sustainability at Home: Water

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Stay Calm and Well

Part IV

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



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OFFICE OF THE CHIEF WELLNESS OFFICER



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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Skills Building - Week #4

- Use gardening to complement your other wellness practices
- Identify your self-care needs and use plants to set yourself up for success
- Dream big and start small
- Seek our additional support to learn more and connect with local resources (go.osu.edu/familygarden)



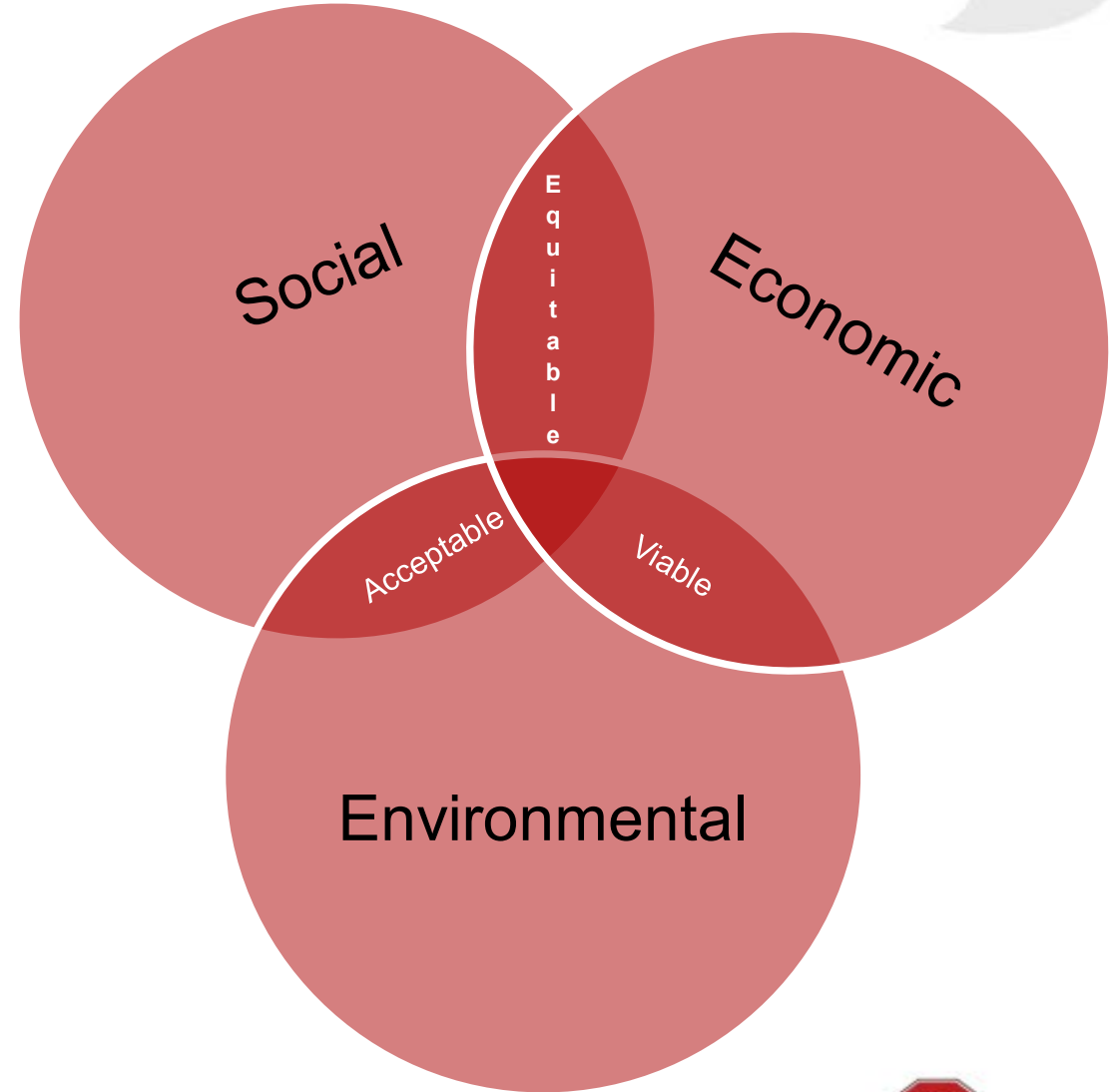
Objectives

- By the end of this program, you will be able to:
 - Recognize sustainability as a complex topic that exists on a spectrum
 - Evaluate and compare water conservation or protection measures one could take in their home
 - Apply what you have learned



Sustainability

- Avoidance of the depletion of natural resources to maintain an ecological balance
- Social
- Environmental
- Economic



Whose responsibility is it?


- Individuals
- Community
- Elected officials
- Companies



Sustainability by Room



A detailed architectural floor plan of a building, likely a residential or institutional structure. The plan shows various rooms and spaces, including a large central hall labeled 'Wohnen 519 m²', a staircase area, and several smaller rooms labeled 'Zimmer 1' (1134 m²), 'Zimmer 2' (2144 m²), and 'Zimmer 3' (2144 m²). A terrace area is also shown with a label 'Terrasse 5236 m²'. Three red stars are placed on the plan, highlighting specific rooms: one in the central hall, one in a room labeled '272', and one in a room labeled '290'. The plan includes numerous dimension lines and measurements, such as 200, 300, 400, 500, 600, 700, 800, 900, 1000, 1100, 1200, 1300, 1400, 1500, 1600, 1700, 1800, 1900, 2000, 2100, 2200, 2300, 2400, 2500, 2600, 2700, 2800, 2900, 3000, 3100, 3200, 3300, 3400, 3500, 3600, 3700, 3800, 3900, 4000, 4100, 4200, 4300, 4400, 4500, 4600, 4700, 4800, 4900, 5000, 5100, 5200, 5300, 5400, 5500, 5600, 5700, 5800, 5900, 6000, 6100, 6200, 6300, 6400, 6500, 6600, 6700, 6800, 6900, 7000, 7100, 7200, 7300, 7400, 7500, 7600, 7700, 7800, 7900, 8000, 8100, 8200, 8300, 8400, 8500, 8600, 8700, 8800, 8900, 9000, 9100, 9200, 9300, 9400, 9500, 9600, 9700, 9800, 9900, 10000. The plan is oriented with a north arrow pointing towards the top right.



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Bathroom

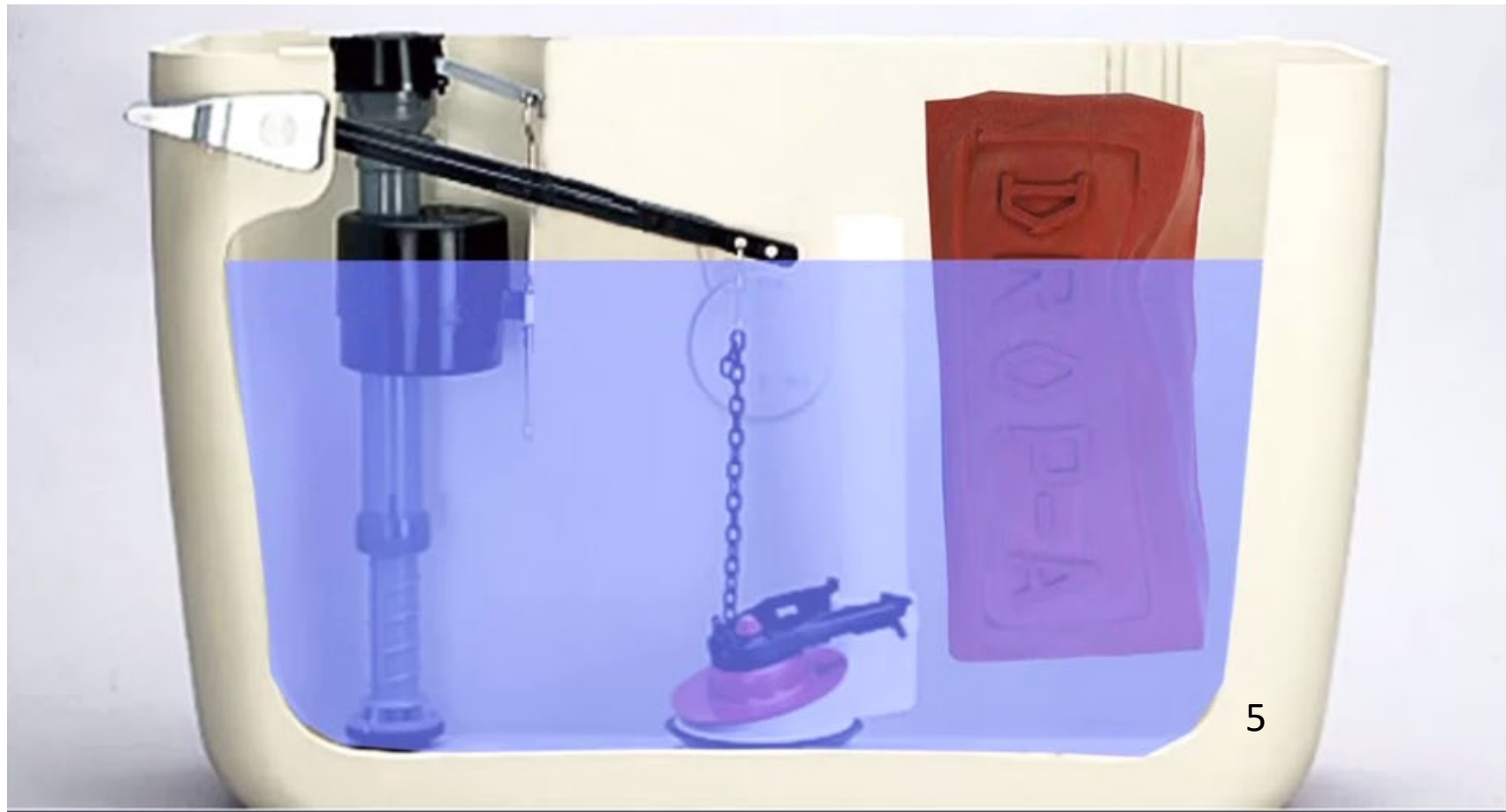


Year	Gallons per flush
Before 1950	7.0
1950-1980	5.0
1980-1994	3.5-4.5
After 1994	1.6
EPA Water Sense	1.28
Ultra High Efficiency Toilet	.8

Adapted from resources from EPA¹ and Ohio State University².



Bathroom



Bathroom



	Showerhead	Faucet
Typical	2.5 gpm	2.2 gpm
WaterSense	2.0 gpm	1.5 gpm

Adapted from resources from EPA¹ and Penn State University⁷.



8



Laundry



Clothes Washing Machine	
Year/ Style	Gallon per load
Before 1980	56
1980-1990	51
1990-present	43
Front-loading	27

Adapted from resources from EPA¹ and Ohio State University².



Laundry

- EPA found US generates about 32.44 billion pounds up from 5 billion in just 1980.
- 95% of textiles can be recycled.
- Discarding unwanted clothes wastes a lot of water and energy.⁹



Laundry

- Unsubscribe ⁹
- Make repairs
- Donate/ Borrow
- Thrift
- Rent
- If you buy new
- Upcycle
- Rags
- Throw lint away



Kitchen



Dishes Washing Machine	
Year/ Style	Gallons per load
1980-1990	14
1990-1995	11
1995-present	7-10
Water Efficient	4.5
Human	?

Adapted from resources from
Penn State University.⁷



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Kitchen

Milk is one of the most wasted foods in America.. 12% of all food waste by weight¹⁰.

- To produce, ship, process, ship, store, ship, distribute, store, store... etc.



Kitchen

- According to the U.S. Department of Agriculture, the:
- “Best if used by/before” date indicates when a product will be of best flavor or quality. It is not a purchase or a safety date¹⁰.
- “Sell-by” date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- “Use-by” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula.
- Dates should be used for safety guidance on foods that are not heated prior to consumption and have a history of microbial contamination (e.g., deli meats, soft cheeses, etc.)



Kitchen

- Average American spends \$1,300 on food that ends up being wasted each year¹¹.
 - This is about \$3.50 per day
 - #1 source of food budgets spent on wasted food is meat and seafood
 - Waste goes beyond food



Kitchen

- Use your freezer!
- Have a “use first” corner of fridge
- Organize your kitchen FIFO (first in, first out)
- Compost what cannot be saved
- Buy from bulk bins
- Label leftovers
- Prepare food so it is “ready-to-eat”



1. <https://www.epa.gov/watersense>
2. <https://ohioline.osu.edu/factsheet/aex-420>
3. https://www.epa.gov/sites/production/files/2017-01/documents/ws-products-factsheet-toilets_0.pdf
4. <https://www.safeplumbing.org/files/safeplumbing.org/documents/misc/timeline.pdf>
5. <https://www.sierraclub.org/sierra/2014-6-november-december/green-life/dropping-brick-your-toilet-has-never-felt-so-good>
6. <https://www.thisoldhouse.com/bathrooms/21018915/read-this-before-you-buy-a-toilet>



7. <https://extension.psu.edu/water-conservation-how-much-water-and-money-can-you-save>
8. <https://www.homedepot.com/p/NEOPERL-1-5-GPM-Regular-Size-Water-Saving-Aerator-Insert-37-0083-98/100666083>
9. <https://www.centerforecotechnology.org/fast-fashion-textile-waste/>
10. <https://cfaes.osu.edu/news/articles/ohio-state-researchers-milk-date-labels-contribute-food-waste>
11. <https://www.wm.edu/news/stories/2020/study-calculates-true-cost-of-food-waste-in-america.php>



Skill Building- Week 5

- Identify ways to reduce water consumption in the home
- Define what sustainability means to you
- Share something you learned with a friend



Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

This survey will be sent via email to all registrants.

This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid194/recorded-webinars/>



Next Week

April 21, 2021 12:30 - 1:00 pm EST

Saving for Vacation

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