Friends of the Dart

Stick me on the fridge!

TEN THINGS YOU CAN DO AT HOME TODAY

Every action here is free or cheap and takes minutes!

1. **START A FAT JAR.** Keep an old jar or tub by the cooker, pour cooled fat and oil into it, and bin it when full. Nothing greasy down the sink.
2. **FIT A SINK STRAINER** to catch food scraps before they go down the plughole (avoid using a sink waste disposal unit).
3. **PUT GENERAL WASTE & RECYCLING BINS** in the bathroom and agree the house rule: only pee, poo and paper get flushed. Wipes, period products and anything else goes in the bin.
4. **ROUND UP OLD MEDICINES** from the back of the cabinet and take them to any pharmacy. Never flush them or pour them away.
5. **DO A FIVE-MINUTE LEAK CHECK.** Listen for a hissing or dripping loo cistern; a leaky loo can waste between 200 and 400 litres a day.
6. **ORDER A WATER BUTT** for your downpipe(s), so your roof water helps the garden instead of rushing to the drain.
7. **MOVE THE CAR WASH ONTO GRASS OR GRAVEL,** or use a commercial car wash, so dirty, soapy water soaks away instead of running to a surface drain.
8. **CHECK THE DATE OF YOUR DOG'S LAST FLEA TREATMENT.** After a spot-on treatment, no doggie swimming for at least four days, and ask your vet whether routine treatment is needed at all or can be reduced to certain times of the year.
9. **BAG IT AND BIN IT.** Put dog poo into any public or household bin.
10. **PUT THE RIVER IN YOUR POCKET.** Log onto the Friends of the Dart River Hub (riverhub.friendsofthedart.org) and save the Environment Agency's 24-hour Incident Hotline number: 0800 80 70 60 remember to always ask for feedback on your report.

For more, visit our full Household River Care Manual!