

Things You Can Do to Reduce Salt Impacts

1. Use less or low salt detergents and products

Research shows that significant salt comes from our household detergents and cleaners; consider using liquid and low salt products. Avoid over fertilizing plants and lawns which contribute salts and nitrates to the environment.

2. Reduce salt in your diet

Salt you eat or use in cooking finds its way back into the environment. Not only does salt impact the water system of the Central Valley, but according to the American Heart Association salt can increase high blood pressure. For tips see <http://www.americanheart.org/presenter.jhtml?identifier=336>

3. Conserve water

Because all water has some salt; every use adds salt to the environment. Consider energy efficiency and water conservation as you buy, remodel, landscape and live in your home. Become involved and support your local water and wastewater supplier's conservation and salinity management efforts.

4. Water softener users should utilize only the highest efficiency systems

Older or out of adjustment systems waste salt that may be released to the environment. Ask a state licensed water conditioning professional if they can help you reduce your salt usage.

5. Limit use of kitchen garbage disposals

Composting or disposal in the normal trash can reduce the salt released to the environment from our food preparation.

6. Seek information and opportunities

Ask for help. Your local water or sewer agency may be able to assist you with more ways to reduce salts discharged to the sewer, some agencies may even have incentives to help reduce salt and conserve water.

7. Educate your friends and your community

Now that you have a variety of ways to reduce your salt impact and reduce future cost increases to water and sewer rates, help your community do the same!

Salt in food is mainly sodium chloride, table salt. In the environment all salts including nitrates must be managed. More information is available on the web at www.cvsalinity.org or www.waterboards.ca.gov/centralvalley/water_issues/salinity/