



## **Long Island Moms for Clean Water**

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### **MISSION**

The mission of Long Island Moms for Clean water is to improve Long Island's drinking water and surface water quality from Great Neck to Montauk for the future of our children. We offer information on how to persuade public officials to support water protection efforts and how to protect water in your home.

### **WHAT WE'RE DOING TO IMPROVE WATER QUALITY ON LONG ISLAND**

To try to improve Long Island's water quality, one thing Long Island Moms for Clean Water does is distribute print materials to our members as well as at special events. Moms for Clean Water also runs online campaigns through our Facebook, Twitter, website, as well as through email blasts to our members. In our print materials and online campaigns we urge families to contact their representatives and urge them to make water a political priority. We also share tips on how to conserve and protect our drinking and surface waters which includes sharing our PSA's that we have created of Long Island Moms discussing these important issues. In addition, we try to educate families about the current status of their waters by through print and digital media.

We created Long Island Moms for Clean Water as a campaign to target a very specific constituency. We thought that if we wanted people and families to start changing their behavior, and stop doing things that can potentially degrade water quality, the best person to target in the home to initiate that change in behavior would be mothers.

Mothers, more often than not, spend the most time with their children, do the shopping and clean the house. So, if you get mothers to stop using buying hazardous household waste, and teach their children about how what we do on land affects water quality, then they will trigger the behavioral change in a large percentage of the population on Long Island

## HOW LONG ISLANDERS CAN GET INVOLVED

There are several ways that Long Island families can help their waterways right at home. Some of the things you can do are:

- **Don't Flush Drugs.** Now that you know what happens to everything we flush down the toilet (hint: it ends up in our water), you can understand why flushing expired or unwanted drugs down the toilet would be a bad idea. Trace amounts of pharmaceuticals, such as anti-seizure and antibiotic drugs, are showing up in Long Island's groundwater. Instead of flushing them, find out about local take-back programs in your area that provide safe disposal of pharmaceuticals. Visit the [New York State's Department of Environmental Conservation](#)'s website for a complete list.
- **Be a Good Shopper.** Do you do the shopping for the household? If you do, be sure to read labels of products you purchase and don't buy toxic chemical products at all. Use eco-friendly, non-toxic and natural substitutes. Vinegar is great to clean your floors and add baking soda for a great drain cleaner. Finally, don't pour caustic chemicals down the drain. Instead, take them to your local S.T.O.P. (Stop Throwing Our Pollutants), disposal site.



- **Pick Up After Your Pets.** Just like you and I, our pets can leave contaminants behind that pose a threat to water quality. Pet waste contains nutrients that encourage weed and algae growth and it can contain bacterial diseases that threaten human health. Make sure that you pick up after your pets and properly dispose of the waste in either the toilet or the trash.

- **Maintain Your Vehicle.** Regular maintenance is good for your car, but it's also good for the environment! Cars can develop fuel or fluid leaks that can send hazardous materials from paved surfaces into our drinking and surface waters. Be sure to repair fluid leaks immediately. Also, don't send toxic cleaning fluids or hazardous materials into road or storm drains when washing your car.
- **Change Yard Maintenance.** Did you know that 90% of water used on Long Island during the summer is for lawns? Over watering washes fertilizers, pesticides and waste into our groundwater, streams, lakes and bays. Eliminate toxic pesticides and fertilizers or choose organic and biodegradable products. Water your lawn only when needed and only in the early morning or late evening when water evaporates less quickly. Finally, cut your grass 3 inches high to build stronger root systems and require less water.



- **Maintain Your Property.** When buying new appliances, switch to EPA certified “watersense” appliances which can save water and money. Clean gutters regularly and direct them to drywells or vegetated areas, never onto paved surfaces where water can carry harmful contaminants into drinking and surface waters. DO NOT dump garbage, cigarettes, leaves or chemicals into storm drains and make sure that these storm drains are clear of trash and debris and functioning properly. If they need attention, notify your town or village immediately.
- **Use Water Conservatively.** We all use water to cook, clean, wash clothes and dishes and even ourselves! Dishwashers use 4 to 10 gallons of water per use, while laundry machines use 25 to 40 gallons. Showering uses 2 to 5 gallons of water per minute while lawn waters uses 50 to 100 gallons every 10 minutes. To conserve water, make sure your family doesn't leave the water running while brushing teeth, have everyone try to take shorter showers and only run the dishwasher and washing machine when they are full.

- **Become a Long Island Mom for Clean Water!** By joining, you will receive information on how you can protect water at home, how to advocate for water protection initiatives and upcoming clean water rallies and events for the whole family! Join today at [longislandmomsforcleanwater.org/join](http://longislandmomsforcleanwater.org/join).

Also don't forget to ['like' us on Facebook](#) and ['follow' us on Twitter](#) to stay up to date on recent Long Island water news as well conservation tips and environmental educational opportunities.