

# WATERWISE GARDEN

## Open House, July 10



**Sunday, July 10**  
**10:00 am – 4:00 pm**

- Garden Club Show  
*"All Around the Garden"*
- Free Admission
- Refreshments
- Outdoor Vendors
- Plant Sale

View our waterwise garden, created to demonstrate gardening styles that beautify your property, while conserving water with a variety of drought-tolerant, mainly perennial plant species.

### For more information about the Open House:

phone: 519-754-0434

website: [brantford.ca/waterwisegardening](http://brantford.ca/waterwisegardening)

### For more information about the Waterwise Demonstration Garden

phone: 519-759-1511

website: [brantford.ca/waterwisegardening](http://brantford.ca/waterwisegardening)

### Partners of the Waterwise

#### Demonstration Garden:

Brantford Garden Club,

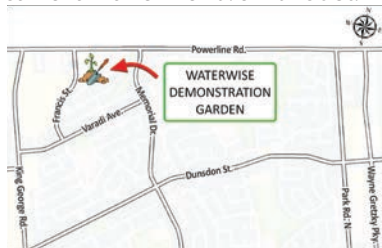
City of Brantford Parks and Recreation

Department and Environmental Services

*The Waterwise Demonstration Garden*

*is located at Tranquility Hall,*

*corner of Powerline Rd. & Francis St.*



# IMPORTANT INFORMATION

## For Residents on Sodium-Restricted Diets

Health Canada's aesthetic guideline for sodium in drinking water is 200mg/L. Above this concentration, water is unpleasantly salty. As required in the Ontario Drinking Water Systems Regulation 170/03 under the Safe Drinking Water Act, the City of Brantford notifies their local Medical Officer of Health when the sodium concentration is 20mg/L or greater. This is so that physicians may provide further support to their patients who have been medically advised to follow sodium-restricted diets. For healthy individuals, sodium in water at this concentration is not a health concern.

The sodium concentration in drinking water reflects the level found in the Grand River and it is not removed by conventional water treatment processes. In the past 12 months, the sodium in Brantford's drinking water supply had an average concentration of 63 mg/L ranging from a minimum of 48 mg/L to a maximum of 77 mg/L. Sources of sodium in the Grand River may be from geological salts that are naturally washed out of rocks and soils as well as what is contributed from road salt and discharges from water softeners.



**If you use a water softener in your home, please note that it will increase the sodium level in the drinking water and would contribute to a person's daily sodium intake.**

Overall, sodium from municipally supplied drinking water is responsible for a very small fraction of the total sodium consumed daily.

**For additional information on health impacts from sodium in drinking water please contact the Brant County Health Unit**  
phone: 519-753-4937 x470  
website: [brantford.ca/sodium](http://brantford.ca/sodium)

