







## MACHINES & TOOLS: Washing machine

My family always goes to the laundromat when it is time to do laundry. We always wash 2 loads of laundry, so I expected the amount of water consumption to be high. It turns out that 1 load of laundry uses around 40 gallons of water, which makes sense considering the fact that water is needed to soak the clothes, then wash them, and then rinse them. This means that my family uses 80 gallons of water every time.

An alternative to each item would be to either switch to an alternative product that has a smaller water footprint or to cut that item out of my life entirely. For example, in the food category, I could make the switch from Greek yogurt to plain yogurt, or I could but yogurt out of my life and search for other snacks that will provide me enough nutrients and proteins, such as almonds. Additionally, in the fashion category, I should start buying clothes that use a more sustainable fabric, such as organic cotton or linen. For technology, I feel that there is no way for be to search for an alternative option because everyone is constantly connected to each other in the digital age. However, to reduce my water footprint, I could choose to use one model of the phone for prolonged periods of time, rather than choosing to upgrade my phone for a new model. For hobby and crafts, I realize that the only reason why I choose to buy polyester yarn is because it is the cheapest. Although it may be cheap, the true cost of polyester is not reflected in its price tag because of the high amounts energy and resources that are needed to create this fabric. Thus, I need to find other eco-friendly yarn or choose to find a new hobby that uses different materials. Lastly, for machinery and tools, a possible alternative is to find a different laundromat that uses energy- and water-efficient machines to wash its clothes.

I believe that in order to conserve water, old behaviors definitely need to change in order for new behaviors to set in. Once you realize the harmful and unintended consequences of your own actions and choices, changes must be made in order to remedy your past mistakes. For instance, I did not think much about choosing Greek yogurt over plain yogurt but now that I know the harsh truth of my eating habits, I need to change and adjust my diet so that I can reduce my water footprint.