

GREENER

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MY PROTEIN BARS

It costs about 500 gallons of water to produce this singular bar.

This is due to the farming of creating the bar along with the factory that makes them. This is also due to transportation to ship to store with the wrapper and designs on it.



MY SHOWER

The average shower for me uses about 50 gallons of water.

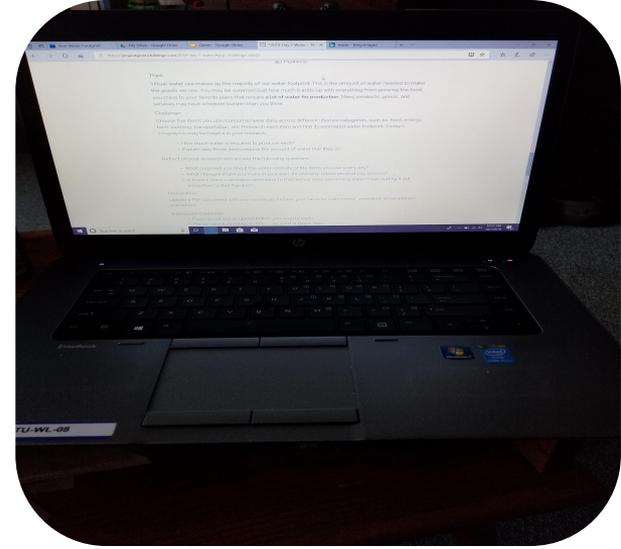
This goes into the amount of water that comes out when using showers. The low water usage vs. speed of water. The amount of time and drips after taking the shower.



MY COMPUTER

It takes about 333 Liters of water to produce a singular computer.

This requires this amount of water due to the shipment and production of product. In most factories that build these require a large amount of water through the chip in computer and individual componants.



MY MOPED

It takes about 15,000 gallons to produce a moped.

This goes from parts for the moped to the amount of time to produce the product with the machinery to build it.



MY FRISBEE JERSEY

It costs 2,700 liters of water to produce a single jersey.

Cotton and Polyester requires a lot of water to make. It must go through a factory and then transportation for shipping the product to the front door.



REFLECTION

What surprised me the most was the amount of water it takes for a simple t-shirt to be made. This makes me think about all the shirts I have and how much water went into those. Then it makes me think about vehicles and how much water people are using to make these vehicles and how much I can't wait to see these energy efficient cars to be made. The amount of water we use day to day on things that are "required" is insane and needs to be changed.

REFLECTION

I am definitely going to make changes in the amount of time I use the shower. I am also going to reduce the amount of tshirt and shopping for clothes and try to stick to buying used clothes. This is actually going to help me promote this to the people around me especially with clothing just because I know fast fashion is a huge thing and there is just too much clothes in this world and to know how much water is wasted to produce it is insane.

REFLECTION



Moped

- This is something I wouldn't be able to replace really, I could definitely use it less or not take it in as much to get fixed.

Jersey

- This is something I would have to cut out, but I will honestly just stop buying new clothes which will be a lot more efficient.

Protein Bar

- I don't think there really is a sustainable alternative other than potentially other protein bars, or I actually could stick to protein powder since it is less packaging than the individual bars themselves.