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Greener Challenge - Day 4:

What water brings me:

- ➔ Health
- ➔ Production of clothes, cotton, paper
- ➔ Food, agriculture
- ➔ Personal hygiene
- ➔ House chores
- ➔ Transportation
- ➔ Electricity
- ➔ Climate/Science

Reflection on article and water footprint of food:
What surprised me about these articles was the high numbers of water we consume every day worldwide. From zoos, schools, sports teams, electrical power, to the food and beverages we drink and consume everyday. How this affects the economy. And finally, the amount of water a simple food item like chocolate can intake, is mindblowing. Chocolate has 516g of water per serving. Now, this water can be green, blue, or gray water. Which later affects water pollution associated with the packing and transportation of these items. In this case, chocolate.

How can I be more mindful and appreciative of water going forward?

To be more mindful and appreciative of water I will be more aware of the levels of water consumption it takes to manufacture these food and

clothing items, transportation, etc. Taking shorter showers, making sure the faucet is off when brushing my teeth, reusing gray water, and collecting water rain. I will not waste water with balloon fights, water guns, and water activities that may be fun but wasteful. I really appreciate water now and after this reflection I will communicate this with my peers. Water is a very important resource in our world and we can't just waste it. Let's look for ways to reduce this consumption.

Friend 1: Camila

What shocked Camila the most was how high this water level of consumption was. She tries to incorporate ways to help the environment like having a garden in her home. However, she thinks that factories need to be more aware of the water waste they are producing and we need to find ways to reuse this water, save it, and learn about it. My friend is way more appreciative and will start to reduce her water waste daily. She plans on communicating this with the administration in her neighborhood, this way they can come up with a plan to start collecting rainwater.

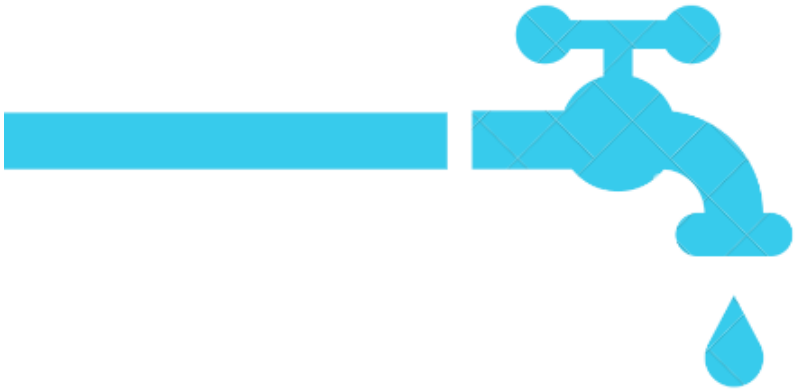
Family member 2: Dad

My dad was unaware of the level of water consumption meat took. He was really surprised with the amount of water it takes to make food, import it, transport it and how this may even cause pollution. Making him reconsider the amount of times he consumes several foods daily. He will try to walk more often to the office, take shorter showers, etc. He plans to talk with one of his friends to see if he can start a campaign with an organization trying to achieve this goal as well.

My interactions with water:

- ➔ Drink
- ➔ Production of clothes, cotton, paper
- ➔ Food
- ➔ Personal hygiene
- ➔ House chores
- ➔ Transportation
- ➔ Electricity
- ➔ Rain

Graphic:



Every Drop Counts

Conserve water and urge others to do the same.

Daily interactions with WATER

1. In Our House hold

From a shower to our washing machines, dishes and brushing our teeth we can manage to consume up to 20g o f water daily for each one of these tasks

2. Community

As a community we consume water in things we don't even realize. These include; transportation, street cleaning, watering public areas, washing cars, filling swimming pools water fountains, restaurants and barbershops and more.

3. Farming

To keep farms up and runnig water is necessary. By using drip irrigation farmers can consume up to 60% water by using this system. It can take up to 2500g of water to produce ground beef. And around 1,400g of water are used in the final production of fast food meals.

4. Recreational Activities

We love to fish, go boating, sailing, canoeing, rafting, and going on cruise ships. All of these activities require water consumption.

Why this is important

("In the early 1900s, the American industry used about 10 to 15 billion gallons of water a day. With the huge growth in the industry following World War II, the industrial use of water also grew. By 1980, the industry was using about 150-200 billion gallons each day." - "Water: A Resource in Crisis" by Eileen Lucas.

The Earth might have many bodies of water, but the fact is that less than 1% of the water on earth is fit for all of the uses listed above. The remaining 99% is found in oceans (which is saltwater and not suitable for our uses), frozen in the polar ice caps, or too difficult to reach for practical use by cities or communities.

Even though our need for fresh, clean water sources are continuously increasing—due to population growth and industry—the supply of that water stays constant. This is because although the water cycle eventually returns water to Earth, it's not always returned to the same spot, or in the same quantity and quality.

Failing to conserve water can eventually lead to a lack of an adequate, healthy water supply, which can have drastic consequences in rising costs, reduced food supplies, health hazards, and political conflict.

Instagram post: