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Day 4: 10/4/22

Greener

The University of the South

CHALLENGE

Create a list of all of the things water brings you. From your favorite pair of jeans to greenery in or around where you live, water is ever present in ways we may not think about. Read [this article](#) describing valuable roles water plays in our lives. Review the [Water Footprint of Food Guide](#). Reflect and briefly answer the following:

- What surprised you about your relationship with water?
- How can you be more mindful and appreciative of water going forward?

Now ask 2 friends or family members to respond to these questions as well. Next, make a list of all of your interactions with water. Create a graphic of your choice (art piece, drawing, photo collage, infographic or otherwise) to depict your relationship with water. Be creative! Upload it on Instagram with an informative caption, and invite others around you to do the same! Tag @TurningGreenOrg in both the image and caption, and include #PGC2022.

What water brings me:

- Delicious food
- All of my clothes
- My pets
- Life
- Toilets and plumbing
- Cozy blankets
- Pets
- Makeup
- Electricity
- Soft green grass
- Diving practice!

What surprised me about my relationship with water:

- 1/5 of the US economy would fail without reliable clean water sources
- Many foods in my diet are made up of ingredients that use a lot of water. For example, just one serving of chicken uses 130 gallons of water! That's a huge amount.

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

- Apart from the obvious methods of water mindfulness like taking shorter showers, doing larger loads of laundry, and turning off the water while brushing my teeth, I can be mindful of my water consumption by paying attention to my diet, the clothes I wear, and the things I buy. These things are all hidden pathways to a high water footprint and aren't

obvious wastes of water, so paying more attention to them will help increase my appreciation on what water is used to create and how important it is to everything in my life.

My interactions with water:

- Diving (obviously)
- Food
- Laundry, toilets, and showers
- Pets
- Social events (lake days, outdoor activities, etc)
- Nature (trees, animals, hikes)
- coffee

See my post on the page below:



Posts



*Think of all the beautiful things water provides.
Who are we to take it for granted?*



meangreensustainabilityqueens Hi all, it's Katie - back with day 4's greener level challenge! Everyone knows that water is important: we need to drink it to survive (and shower in it if you don't want to smell)! But often we don't think about the less obvious ways we interact with water each and every day. Water is used in the production of food, clothes, and almost everything else we use and encounter. Today's challenge instructed me to consider all of the ways I interact with water and rethink the way I show appreciation for it. Some of the ways I personally interact with water include my favorite pastimes like diving, traveling, hiking and enjoying nature, eating delicious foods like strawberries, and playing in the snow! I did my best to portray these interactions with some of my favorite photographs in the collage above. I urge you all to consider the ways you interact with water and remember to be thankful for its availability - if we don't take action to conserve it, it may not be this available forever. "Water is the reason of our birth; it is the healer, the destroyer, and the final consumer" - Neeraj Singhvi.

