

**Name:** WaterBuffalos

**Username:** Waterbuffaloes23

**School:** Poolesville Highschool

### Things Water Brings Me

- My favorite baggy jeans
- Hydration throughout the day
- The large tree in my front yard
- Something to shower in
- The vegetables I eat everyday
- My daily coffee
- My smartphone
- The paper I use for my school assignments
- The clean floors in my house
- Somewhere to pee and poop

Read [this article](#) describing the 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?**

### My Response:

- I was surprised by how much water the average American uses per day (176 Gallons). I was also surprised by how much water it takes to create our daily necessities, with a pair of shoes taking 2,000+ gallons.
- Being cognisant of my water footprint when it comes to the food that I eat.

### Renee's Response:

- Making sure to actively drink water throughout my day has improved both my mood and my health. I even realized that I was clearing up more.
- Being aware of how much water I consume and use throughout the day.

### Charlotte's Response:

- Being around water has the ability to boost my mood, whether it be taking a long shower or being near a body of water.

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- Thinking before dumping waste, like fertilizer or soapy water from a car wash, that could end up in our waterways.

**Next, make a list of all of your interactions with water.**

- Taking a Shower Everyday (My daily 5 minute showers requires 12.5 gallons)
- Eating Meat (one serving of beef needs 463 gallons per serving)
- Drinking Water (I drink around 3 water bottles, or 60 oz of water everyday)
- The Clothes I Wear (My favorite jeans take 1,800 gallons to make)
- Using my Computer (It takes around 400 gallons to make my computer)
- The Oak Tree in my Front Yard (The Oak Tree in my yard can take up to 100 gallons of water a day)



Day 4 Greener: I created a graphic representing my interactions with water throughout my day. Not only is water essential to my basic survival, but many of the luxuries that make my day to day life possible wouldn't be possible without water.

It is important that we never take this precious resource for granted! #PGC2023 @TurningGreenOrg