


# Reducing Water Use

| Personal Action  | The Facts   | Easy Ways to Reduce Water Use in the Shower  |
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| <p>Take shorter showers<br/>Eat less red meat<br/>Do fewer loads of laundry</p>  <p><b>Promoting Sustainability</b></p> <ul style="list-style-type: none"><li>Reducing water use protects freshwater ecosystems in lakes, ponds and reservoirs.</li><li>Water treatment requires chemical treatment and takes time and energy. Using less water reduces the need for these resources, promoting economic and environmental sustainability.</li></ul> | <p><b>A 10-minute shower uses up to 25 gallons of water.</b> (15 with an efficient shower head). The average person in Africa uses 5.3 gallons of water PER DAY.<sup>1</sup> Leave some hot water for the rest of us.</p> <p><b>A quarter-pound hamburger takes 462 gallons of water to produce...not including the bun or any toppings.<sup>2</sup></b><br/>A quarter pound of chicken uses 130 gallons.<br/>A quarter pound of vegetables (leafy greens, carrots, cucumbers, etc.) uses an average of only 9.6 gallons.<br/>Eat a salad once in a while. Or go vegan. You do you.</p> <p><b>A load of laundry uses about 25 gallons of water.</b> Studies show that nobody cares if you wear that sweatshirt for 3 or 4 weeks before washing it unless it gets dirty. And jeans are good for at least 2 uses.</p> <p><small><sup>1</sup>Learn more at <a href="http://www.water-for-Africa.org">www.water-for-Africa.org</a><br/><sup>2</sup>Learn more at <a href="http://www.WaterFootprint.org">www.WaterFootprint.org</a></small></p> | <p><b>Easy Ways to Reduce Water Use in the Shower</b></p> <ul style="list-style-type: none"><li><b>Don't listen to music.</b> Or limit yourself to one song. Stairway to Heaven doesn't count.</li><li><b>Lower the water temperature.</b> Save on energy costs and have a motivation to get out quick!</li><li><b>Get an energy-efficient shower head</b> if you can. Pretty cheap way to save money and water.</li></ul> <p><b>Summary:</b><br/>Reducing water consumption is beneficial to your water bill and is environmentally friendly. Plus, shorter showers leaves more time for studying! Or Netflix. Point is, there are more environmentally friendly ways to procrastinate.</p> |