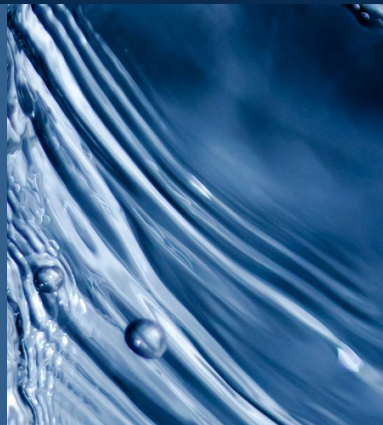


**WELCOME TO
THE 2022
WATER
REDUCTION
CHALLENGE!**

**Week 1:
Reduce your water
footprint in the
kitchen!**

Eat fewer animal products:

Producing animal products consumes an immense amount of water. It takes 1,800+ gallons of water to produce just one pound of beef, while 110 gallons of water are needed to grow one pound of corn. Eating more plant-based foods is one of the best ways to reduce your water footprint.



Waste less food:

Food production is very water intensive. Save and eat leftovers and plan your grocery list ahead of time. By reducing food waste, you're reducing the amount of water wasted to grow and produce food that isn't consumed.



Use the dishwasher instead of handwashing dishes:

If you're using reusable kitchenware, that's great! To be even more sustainable, wash a full load of dishes in the dishwasher. Dishwashers today use around 5 gallons of water per load, while handwashing a load of dishes can use closer to 20 gallons of water.



April 4-10, 2022

HOW TO EARN POINTS THIS WEEK TOWARD YOUR WEEKLY TOTAL

- Eat as many vegetarian meals as possible — or even better, vegan meals. Try to eat vegan for a day to earn 3 points!
- Plan your grocery list ahead of time, and buy in bulk (remember your jars/containers/bags!)
- Watch a documentary such as *Cowspiracy*
- Use food scraps or food that is going bad for other purposes (e.g., make your own broth, coffee ground body scrub, & use leftover lettuce/spinach in a smoothie)
- Attend the iSEE Trash Pick Up Friday April 8th at 3 pm at Alma Mater (10 points)

We hope Week 1 of the Water Reduction Challenge is going well!

Reach out to iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your Week 1 Grid and Form [here](#) by 4/12.

iSEE

