


To assemble your pocket guide, cut along outer black line, then fold on dotted lines.

While Shopping	Water in the News	Learn More	<div><div>A Pocket Guide To</div><div>Reducing Your Water Footprint</div><div></div><div>Water Resources Center</div><div>UNIVERSITY OF MINNESOTA</div><div>Driven to DiscoverSM</div></div>
<p>While the average American drinks under a half a gallon of water a day, our daily diets require hundreds of gallons of water to produce. Here are some surprising ways to think about your purchases:</p> <ul style="list-style-type: none">One 8 ounce serving of beef requires 1,350 gallonsOne 8 ounce serving of chicken requires 330 gallonsOne latte requires 53 gallonsOne 8 ounce serving of milk requires 48 gallonsOne orange requires 14 gallonsOne tomato requires 8 gallonsA typical Thanksgiving dinner for six requires more than 30,000 gallons <p>Another reason to give up bottled water—it takes 1.85 gallons of water just to manufacture the plastic for one 12-ounce bottle.</p>	<ul style="list-style-type: none">You heard right—commercially bottled water is expensive, environmentally damaging, and no better or safer than tap water. Skip the bottled water and use a refillable bottle with water from your tap.Washing your car in the driveway sends a poisonous brew of gasoline, oil and detergent into storm sewers, damaging and killing aquatic life. Instead, choose a commercial car wash—and look for one that recycles its water.Antibacterial soaps and detergents are harmful to aquatic life and are no more effective than soap and water at preventing illnesses. Washing your hands for 30 seconds or while humming “Happy Birthday” twice is a great idea—make sure to turn off the faucet while you lather.	<p>Check out these sites for interactive tools, including personal water footprint calculators for more ways you, your friends and family can conserve water.</p> <div>waterfootprint.orgh2oconserve.org</div> <div>epa.gov/kids/watergroundwater.org</div> <div>wateruseitwisely.comcleanwatermn.org</div> <p>You can download a copy of this guide at the Water Resource Center's website www.wrc.umn.</p> <div><div>Water Resources Center</div><div>UNIVERSITY OF MINNESOTA</div><div>The University of Minnesota is an equal opportunity educator and employer. This material is available in alternative formats upon request: 612-624-9282.</div></div>	
In the Yard and Garden	In the Bathroom	In the Kitchen and Laundry	<p>The water footprint of an individual is the total volume of freshwater used to produce the goods and services consumed by that person every day. Each of us can reduce our water footprint by making wise choices everyday, as well as making long-term changes in our household habits.</p> <p>Using less water around the house reduces pressure on our sewage treatment facilities, uses less energy and protects our environment by reducing chemical impact on our rivers, lakes and ground water. By saving water and by reducing the amount of contaminants you add to it, you're supporting healthy lakes and streams and preserving Minnesota's most vital natural resource.</p> <p>Take this pocket guide with you shopping and keep it handy in the kitchen and garden shed. Small changes make a big difference over time.</p>