WATER SAVING TIPS
MANAGING YOUR WATER FOOTPRINT

1 CUP OF COFFEE = 130 LITRES
Based on a 125ml cup

1 SHEET OF PAPER = 10 LITRES

1 COTTON T-SHIRT = 2500 LITRES
Based on a 250g cotton T-SHIRT

REDUCE • REUSE • RECYCLE

FOOD
1. Reduce food waste.
2. Substitute or serve smaller portions of water intensive foods including meat and dairy.
3. Have high energy meetings and reduce the demand for coffee!

The amount of water required to produce 1kg of meat is:
- 15400 litres for beef
- 6000 litres for pork
- 4300 litres for chicken

The average 8 minute shower uses 62 litres of hot water.
The average bath uses 80 litres of hot water.

ACTIONS
1. Encourage short showers with a playlist of 4 minute power-shower songs.
2. Hold a water crisis awareness program in your home or office.

MATERIALS
1. Encourage participation in towel and linen reuse programs.
2. Reuse water from your shower or sink to water your plants or to wash your cars.

Water requirements for growing cotton vary around the globe.
- China : 6000 litres/kg
- USA : 8100 litres/kg
- India : 22500 litres/kg

1 BILLION people live without access to clean drinking water

2.5 BILLION people live without access to sanitation facilities