

# FOOTPRINTS...

*The Integral Ecology Committee is tasked to focus on threats to Our Common Home., and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation*

## In this issue:

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

## Our **WATER** Footprint

Water is essential for life, and it's one of our most threatened resources.

### **What Can I Do?**

- Don't leave the water running while brushing your teeth
- Use your dishwasher when it's full (note: this conserves more water than washing dishes by hand)
- Thaw foods overnight in the refrigerator rather than running hot water over them.
- Reuse "gray water" to water plants and gardens

### **I didn't know that!**

- To make a pair of jeans, it takes 8,000 liters of water
- Picking up pet waste it keeps it from leaching into the ground, down storm drains and into water supplies.

### **Resources**

#### **YouTube:**

- For children, check out the SciShow kids:
  - ⇒ [How can I save water!](#)
  - ⇒ [Keeping our water clean!](#)

#### **Websites:**

- [www.ej4all.org](http://www.ej4all.org) Environmental Health Justice Alliance
- [www.azul.org](http://www.azul.org) Organization working with Latinx to conserve coasts & oceans

#### **Books:**

- Just Water - Author is Christiana Zenner
- The Water will Come - Author is Jeff Goodell
- There's Something in the Water - Author is Ingrid R G Waldron

More from our Integral Ecology Committee very soon!