

Take the **WATERPROOF** challenge!

Halve the water you eat



1kg beef
15,000 litres



1kg maize
1,200 litres



1kg cheese
5,000 litres



1kg wheat flour
1,800 litres



1kg coffee
21,000 litres

How much water does it take to produce our food ?

You can see from our rather unhealthy menu, that some foods take a huge amount of water to produce.

And while we might take water for granted, for people like Maria (overleaf), every drop counts.

So we're setting you a challenge.

Can you, for just one day, halve the water you eat?

Try these lower 'virtual water' alternatives:

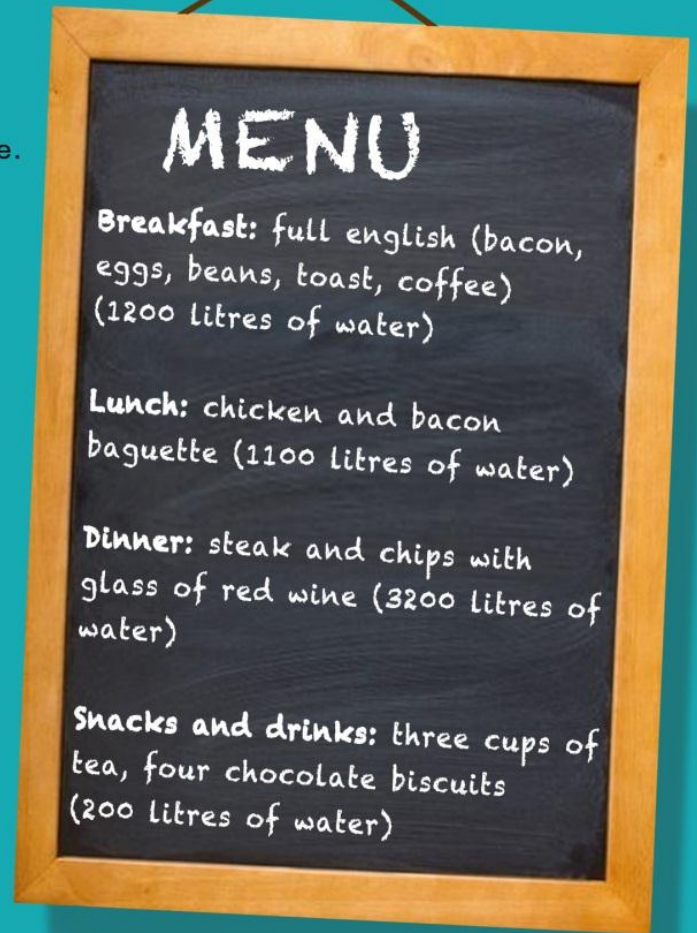
Swap the fry-up for cereal (only 200 litres a bowl) and coffee for tea (30 litres instead of 140 a cup).

For lunch, why not ditch meat and dairy and have a salad (only 200 litres)?

For dinner, a vegetarian lasagne could help bring your virtual water down to a more respectable 1000 litres.

If you'd like to more accurately work out the water you eat, you can use a calculator like the one at www.waterfootprint.org

Top tip: meat takes a lot of water to produce. Cutting down will be essential to halving the water you eat!



Don't forget to tell us how you get on! Go to progressio.org.uk/waterproof



1 apple
125 litres



1kg potatoes
290 litres



Glass of wine
120 litres



1 egg
200 litres

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Find out more at www.progressio.org.uk/waterproof

Take the WATERPROOF challenge!

You might not know, but the vast majority of the water we consume is contained in the food we eat. That's because growing food takes water – sometimes a lot of water.

This 'virtual water' is the water used to grow and process the food and products we consume. Which is fine if there's plenty of water to use, but around the world communities living in water-scarce places struggle to get the water to grow the food they need.

And the food we eat often comes from water-scarce places too, piling on the pressure poor communities face. **We all need to be aware of the water we eat.**

Find out more about the experience of small-scale farmers and take Progressio's water challenge!

Did you know? Water scarcity affects over 2.7 billion people for at least a month each year



This is Maria Yolanda Ávila, who farms in Peru

Small-scale farmers are particularly vulnerable to problems with water. Farmers like Maria Yolanda Ávila. Maria is 35 and lives with her husband and their three children in the watershed of the Lurín River near Lima, Peru. "I need water for domestic tasks such as washing and cooking, and for personal hygiene," Yolanda says. "But I also give water to the animals I have around my home. My husband and I use water for irrigating our land. **To me, water means life. Without water the people, animals and crops cannot live.**"

Maria's experience is common, and it's because of this that it's so essential that water is carefully managed, and protected from threats like climate change. It's vital that we all 'waterproof' development. **Sustainable development is only sustainable if it has water at its heart.**

Did you know? Small-scale farmers and food producers feed 1/3 of the world's population

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