

According to UNESCO (United Nations Educational, Scientific and Cultural Organization), humans need between 20 and 50 litres of clean freshwater to meet our basic daily needs. In Canada, however, we are individually responsible for using about 331 litres of freshwater each day for things like cooking, washing, laundry, and flushing the toilet. Although it seems like a lot, this amount does not even begin to account for the thousands of liters of virtual water that we consume everyday. Virtual water is the water that is used in the production of the food we eat, the clothes we wear and the goods we use.

Personal Action Planning

Today I will commit to:

Barriers that might prevent me from taking these actions:

To address and overcome these barriers, I plan to:

My actions will make a difference because: