

Water Saving - Meat free days

Junior River Ranger Activity



Meat free days

Water used to produce the food we eat is hidden to us, but it actually uses a lot to grow and prepare, this is called virtual water. You could halve your water footprint by eating a veggie diet, but you don't have to become vegetarian, even having one meat free day a week can make a big difference.

Across one week how many meat free days can you have? Record your favourite veggie recipe below.

Every meat free day = 



1 Eating vegan for one day can save **5000 litres** of water, that is the same amount of water as almost 4 months worth of showers.

2 **70%** of our freshwater is used in agriculture, below shows how much water is used to produce different food items.

3 To produce 1kg of different meats - beef **15,415 litres**, pork **5988 litres** and chicken **4325 litres**.

4 To produce 1kg of different carbohydrates - rice **2497 litres**, pasta **1849 litres**, bread **1608 litres** and potatoes **287 litres**.

5 To produce 1kg of different plant-based foods - apple **822 litres**, cabbage **237 litres**, broccoli **285 litres**, tomatoes **214 litres**, chickpeas **1305 litres**, and tofu **2523 litres**.

Every time you eat a vegan meal add an extra 5 Happy Water Droplets



Top Tip - How many different colours can you eat in your meal?
Can you make a rainbow or a face out of your food?



