

# THE GALLON CHALLENGE:

## LIVE ON 5 GALLONS OF WATER A DAY

In honor of World Water Day, March 22, Project Schoolhouse invites you to participate in The Gallon Challenge!

Project Schoolhouse works in some of the most remote regions of Nicaragua, where 1.8 million people don't have access to clean water. Water sources can be quite a distance away and require people, mostly women and girls, to spend hours a day hauling water to their homes, hours that are diverted from school and economic activity.

### Can you live on 5 gallons of water for a 24-hour period or more?

Every day, the average American family uses about 552 gallons of water. In contrast, individuals in lower-income economies use 5 gallons of water per day; water they have to walk hours to collect from a river or stream.

### Here are a few statistics on everyday water usage in the U.S

- Flushing a toilet: Between 3.5 and 7 gallons per flush.
- Taking a shower: 2 to 3 gallons every minute.
- Running a dishwasher: Between 6 and 11 gallons.
- Brushing your teeth: 2 gallons of water per minute.

### How it Works:

You can challenge your network of friends and family to sponsor you for \$10-\$100 for each day you use only 5 gallons of water. You can track your progress by creating a personal challenge crowdfunding page on Project Schoolhouse's [donately platform!](#)

Once your challenge page has been created, share it on your social media and document your progress, challenges and lessons learned!

Your organization can amplify the donations by soliciting corporate matches of all funds raised.

For more info email us:

[info@projectschoolhouse.org](mailto:info@projectschoolhouse.org)

