



World Food Day is celebrated on October 16 each year. This year's theme spotlights water as the foundation for life and food. The campaign brings awareness worldwide about the importance of wise water usage and its availability.

Did you know...?

- ⇒ 95% of our food begins with water and soil and produced on land
- ⇒ 2.4 billion people live in water-stressed countries
- ⇒ At least 600 million people depend on aquatic food systems
- ⇒ Approximately 55% of an older adult's body weight is water

How you can help:

1. Choose in-season fruits and vegetables because they usually require less water to produce.
2. Reduce food waste. Food waste = water waste
3. Use water-saving techniques such as shorter showers, fix leaking pipes, and don't let the tap run.

Water Balance and Recommended Intakes for

Older Adults

In general, older adults need at least six cups of water every day. However, there are many changes that can affect the ability of older adults to maintain water balance. Some examples are a decrease in the sensation of thirst, medication use, environmental factors (i.e., hot weather), illness, or changes in kidney function. Additional fluid may be needed to compensate for losses associated these changes.

Daily intake of water can come from a variety of beverages and foods. Fruits and vegetables have a high water content. Water, coffee, nonfat or low-fat milk, and fruit juices can help meet the recommendations to increase fluid intake. Soups are also a good source of fluid.

Some indications that you may need to drink more water: thirst, dry mouth, cracked lips, dark urine (should be light yellow), constipation, headaches, or confusion. Please check with your doctor if these symptoms persist.

For more information on World Food Day and how you can get involved, visit <https://www.fao.org/world-food-day/en>