

Let it Flow: The Importance of Clean Water

H₂O how we love you so!

Water makes up about 70 percent of the earth's surface, 50 to 60 percent of the human body, and is one of the most important components of our ecosystem. It's where we get drinking water and food, is home to fish and wildlife, and provides great recreational fun. For all these reasons and so many more, it is crucial that we keep our oceans, rivers, lakes, wetlands and streams clean.

"More than six million people get their drinking water from the **Delaware River**, or the Lower Delaware River Valley," said Shaun Bailey, marketing and communications coordinator at the Partnership for the Delaware Estuary. "That's why we're collaborating with partners in three states to implement clean water programs."

The Hackensack Riverkeeper, another ShopRite partner, recommends picking up garbage, reducing the use of pesticides and fertilizers on your lawn, and keeping your car in good shape so oil and brake fluids don't drip on the ground.

And our friends with the Delaware River Sojourn help bring attention to the importance of clean water with their annual kayaking trip. In 2016, two ShopRite dietitians — Sheila Suerig and Susan Lang-Saponara — joined the organization for part of the 330-mile along the Delaware River.

"What a great way to appreciate the natural resources available to us," Lang-Saponara said. "It's so important to get out there and see them firsthand."

Do all you can to learn about your local water resources. This way, you can contribute to keeping them clean and healthy!



Paddlers on the 2016 Delaware Sojourn pass under a bridge bound for New Hope, Pennsylvania.



In 2016, two ShopRite dietitians — Sheila Suerig (back) and Susan Lang-Saponara (front) — joined the organization for part of the 330-mile trip on the Delaware River.



A local school group on a field trip with the Hackensack Riverkeeper learn first-hand about the importance of keeping the Hackensack River and the surrounding watershed clean.



Lisa Wool, PDE Outreach Programs Director, leads the teachers knee-deep into the Delaware River near Palmyra Cove, New Jersey, on a native mussel discovery mission as she shares with them that one freshwater mussel alone can filter 10 gallons of water a day!

How You Can Get Involved

Feeling inspired to volunteer with an environmental organization to increase your environmental literacy or explore a profession? Not sure where to begin? Check out our website (shoprite.com/the-environment) and find out about all the great organizations ShopRite works with to help the environment.

Whether you take part in Chesapeake Bay Foundation's programs, work with the Delaware Riverkeeper Network or go on a bird watch with the New Jersey Audubon Society, get involved. You will be so happy you did!



Volunteers with Blue Water Baltimore remove trash and debris from the shoreline at Ferry Bar Park in Baltimore City.



A young volunteer participates in a Connecticut Fund for the Environment/Save the Sound beach clean up to improve coastal habitat for humans and wildlife.



A Greater Newark Conservancy volunteer works at the Hawthorne Avenue urban farm.



The Jersey Shore Partnership promotes dune grass and sand-sensitive plants as a proven method and environmentally sound approach to beach protection.



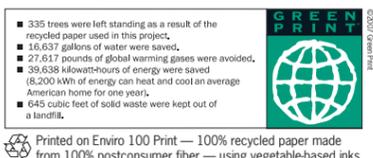
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ShopRite Earth 2017 is published by Wakefern Food Corp. Environmental Affairs Dept.

Suzanne Forbes, Managing Editor
Mike Kerwick, Editor
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Nicole Leske, Contributing Writer
Shepard Rosenthal, Graphic Designer

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Printed on Enviro 100 Print — 100% recycled paper made from 100% postconsumer fiber — using vegetable-based inks. **Earth 6 2017**