

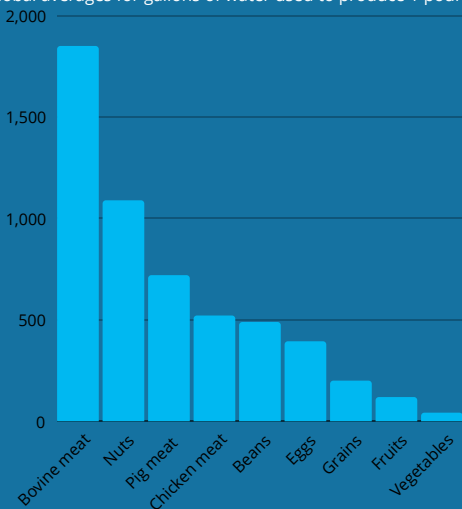
WATER USAGE IN FOOD PRODUCTION

Do you know how much water was used in the production of the food on your plate?

The term *water footprint* is used to describe the amount of fresh water it takes to produce a certain good. A product's water footprint accounts for the water used to make the product as well as the water that was polluted in the process.

Water Footprint of Foods

Global averages for gallons of water used to produce 1 pound of food item



For comparison...



According to the Environmental Protection Agency, a 10 minute shower uses 25 gallons of water.



An olympic sized swimming pool requires about 660,000 gallons of water to fill.

How you can contribute to preserving fresh water

- Load your plate with plant-based foods
- Choose to get most of your protein from eggs and/or beans
- Limit your intake of foods such as beef, steak, nuts, pork, and chicken whenever possible



Resources

1. <https://waterfootprint.org/en/water-footprint/personal-water-footprint/>
2. <https://healabel.com/water-footprint-of-foods>