

Indirect Water Use

Food	Amount	Water Footprint (L)	Class Tally
Apple or Pear	1 fruit	70	
Banana	1 fruit	100	
Beef	75 g serving	1165	
Bread	1 slice	40	
Cabbage	1/2 cup	45	
Cheese	50 g serving	250	
Chicken	75 g serving	290	
Chocolate	100 g bar	2400	
Coffee	1 cup	140	
Corn	1/2 cup	16	
Cucumber	1/2 cup	12	
Grapes	20 (100g)	13	
Peanuts	1/4 cup	85	
Lettuce	1/2 cup	4	
Mango	1/2 fruit	160	
Milk	1 glass	250	
Orange	1 fruit	50	
Peach or Nectarine	1 fruit	204	
Pork	75 g serving	360	
Potato	1/2 cup	15	
Rice	1/2 cup	275	
Tea	1 cup	30	
Tomato	1/2 cup	15	
Eggs	2	400	
Hamburger	1	2400	
		TOTAL	

All data from www.waterfootprint.org

Direct Water Use

Activity	Water Footprint (L)	Class Tally				
Washing Dishes by hand	25					
Using the dishwasher	30					
Cooking	5					
Running the tap	6 per minute*					
Shower (reg. showerhead)	14 per minute*					
Shower (low flow)	5 per minute*					
Bath	70					
		<i>3L</i>	<i>4.8L</i>	<i>6L</i>	<i>13L</i>	<i>18L</i>
Toilet flush	Check toilet**					
Brushing teeth	3					
Washing Hands or Face	4					
Shaving	23					
Washing laundry (top-load)	150					
Washing laundry (front-load)	70					
	TOTAL					

*Place one tick on the tally for each minute spent at this activity

** Dual-flush toilets flush 3L for small loads, and 6 L for larger loads. A WaterSense ultra-low flow toilet flushes 4.8L every time. Newer toilets flush 6L, and older toilet models flush 13L. Very old toilets flush at least 18L.