

HOW TO CALCULATE THE WATER FOOTPRINT

Follow the steps below to calculate the Water Footprint of your family's beef dinner.

- A. Estimate the lbs of beef your family would have eaten for dinner. Ex. John's family eats five quarter pound (4 oz) hamburgers at a typical dinner for a total of 20 oz. of beef.

ENTER HERE _____ TOTAL OZ or LBS OF BEEF

- B. Now estimate how much water is consumed to produce your beef entree meal.
1 lb (16 oz) = 1840 gallons of water
1 oz = 115 gallons of water

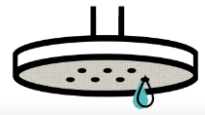
Ex. For the 20 oz of beef consumed by John's family:
20 oz x 115 gallons of water = 2,300 gallons of water

ENTER HERE _____ GALLONS OF WATER

- C. **Determine the equivalents** to translate gallons of water into more meaningful terms - minutes in the shower or pounds of soybeans produced.

1. Minutes in the shower:

1 oz of beef = 54 shower minutes
1 lb of beef = 864 total shower minutes



Ex. For John's family: 20 oz. beef x 54 shower minutes = 1,080 total shower minutes, or 135 - 8 minute showers

ENTER HERE _____ MINUTES IN THE SHOWER

2. Pounds of soybeans that could be produced:

1 lb of soybeans requires 257 gallons of water to produce
To calculate, divide the number of gallons of water the beef meal requires by 257 gallons = pounds of soybeans that can be produced



Ex. For John's family:
20 oz. of beef = 2,300 gallons of water
2,300 divided by 257 = 8.9 pounds of soybeans

ENTER HERE _____ POUNDS OF SOYBEANS