HOW TO CALCULATE THE WATER FOODPRINT

Follow the steps below to calculate the Water Foodprint 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