

Water Usages

Amount of Water Gallons	Commodity	Unit of Measure	Source	Commodity Food /Other
80	Almonds	1 oz	Water Education Foundation	F
11	Bread, White	1 Slice	Water Education Foundation	F
7	Bread, Whole Wheat	1 Slice	Water Education Foundation	F
209	Breakfast - Typical	1 Serving	Water Education Foundation	F
11	Broccoli, Fresh	2.7 oz	Water Education Foundation	F
46	Butter	.36 oz	Water Education Foundation	F
9.3	Canned fruit or vegetables	1 can	http://www.epa.gov/safewater/kids/flash/flash_matching.html	
40	Cantaloupe	8 oz	Water Education Foundation	F
56	Cheese	1 oz	Water Education Foundation	F
90	Cherries	1/2 Cup	Water Education Foundation	F
115	Chicken	4 oz. (general chicken sandwich serving)	www.farmwater.org Click on Water Fact Book, page 16	F
25	Corn	1 Ear	http://www.nps.gov/neri/forteachers/upload/People%20and%20Water.pdf	F
2,897	Dinner, Typical	1 Serving	Water Education Foundation	F
1/2 gallon	Drinking Water	1 Serving	http://www.epa.gov/safewater/kids/flash/flash_matching.html	F
62.7	Egg	1 Egg	www.farmwater.org Click on Water Fact Book, page 16	F
6	French Frys	1 Cup	Water Education Foundation	F
5,214	Hamburger	1 Pound	Water Education Foundation	F
3	Ketchup	1 oz	Water Education Foundation	F
470.9	Lasagna Dinner with garlic bread Salad and Milk (8 fl.oz.)	Dinner plus ingredients for a serving for 1 person	www.farmwater.org Click on Water Fact Book, page 16	F

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0.7	Lettuce	1/4 cup (sandwich serving)	www.farmwater.org Click on Water Fact Book, page 16	F
1,427	Lunch, Typical	1 Serving	Water Education Foundation	F
92	Margarine	1 Serving	Water Education Foundation	F
4,533	Meals (One Day)	1 Serving	Water Education Foundation	F
48	Milk	8 fl. Oz	Water Education Foundation	F
49	Orange Juice	1 cup	Water Education Foundation	F
14	Oranges	4.6 oz	Water Education Foundation	F
36	Pasta	2 oz	Water Education Foundation	F
88	Plain Yogurt	1 Cup	Water Education Foundation	F
16	Rice, Brown	1 oz	Water Education Foundation	F
25	Rice, White	1 oz	Water Education Foundation	F
1,232	Steak	8 oz	Water Education Foundation	F
4.7	Sugar, White	2 tsp.	www.farmwater.org Click on Water Fact Book, page 16	F
61	Tofu	1/2 Cup	Water Education Foundation	F
12	Tomato Paste	2.0 oz	Water Education Foundation	F
13	Tomato Sauce	4.0 oz	Water Education Foundation	F
8	Tomatoes	4.3 oz	Water Education Foundation	F
100	Watermelon	Each	http://www.epa.gov/safewater/kids/water_trivia_facts.html	F
82,000	Bags, Paper	1 Ton	http://www.nps.gov/neri/forteachers/upload/People%20and%20Water.pdf	O
30-40 Gallons	Bathtub	Fill a Tub	http://ci.marshfield.wi.us/ww/trivia.htm	O
3 liters of water	Bottled Water	1 liter of bottled water	http://www.pacinst.org/topics/water_and_sustainability/bottled_water/bottled_water_and_energy.html	O
1,000	Cans, Aluminum	29 each	http://www.nps.gov/neri/forteachers/upload/People%20and%20Water.pdf	O
39,090	Car, New and its four tires	Each	http://www.epa.gov/safewater/kids/flash/flash_matching.html	

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4,776	Christmas Tree	Raise a Tree	http://www.dracutwater.com/conservation/	0
8-15 Gallons	Dishwasher	Each Cycle	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0
2,700 gallons	Dripping faucets	Wasted water Annually	http://www.wfrd.org/2006_Water_Quality_Report.pdf	0
70	Gas, Process	1 Gallon	http://www.nps.gov/neri/forteachers/upload/People%20and%20Water.pdf	0
detailed, view page	Livestock (various)	view page	http://www.ag.ndsu.edu/pubs/ansci/livestoc/as954w.htm	Both
6 to 8 gallons per day	Horses	(weight) 1,000 pound	http://www.equine.vetmed.lsu.edu/faq1.html	0
1,800	Jeans, Clothes	Manufacture	http://www.austell.org/pw/divisions/water/facts.htm	0
150	Newspaper, Sunday	Process a daily paper	http://www.austell.org/pw/divisions/water/facts.htm	0
55,000 gallons	Paper	Process of making paper	http://www.enotes.com/science-fact-finder/metals-other-materials/how-much-wood-used-make-ton-paper	0
400	Shirt, Cotton	Manufacture	http://www.austell.org/pw/divisions/water/facts.htm	0
17 to 20	Shower	For short shower about 5 minute	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0
62,600	Steel, Process	1 Ton	http://www.epa.gov/safewater/kids/flash/flash_matching.html	0
2 to 5	Teeth	Brush Teeth	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0
1.5 to 4	Toilet	Each Flush	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0

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50 gallons	Washing Car	1 car	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0
35 to 50 gallons	Washing Machine	1 load	http://www.watereducation.org/doc.asp?id=1022#HowMuchWater	0
180 gallons	Water the yard	More or less depending on yard's size	Water Education Foundation	0

Please note that this water fact sheet was created to foster public awareness and water conservation. The LA County Farm Bureau is concerned with conserving water so that Los Angeles County can continue to produce agriculture! We do not assume responsibility for the accuracy of this information, nor do we claim to promote ideas, opinions, expressions, etc. found in the websites that are cited. The water fact sheet was created to give everyone a general idea of how much water is used for various purposes. This way, as a society, we can decide which uses of water would be in our best interest. However, take into consideration that agriculture includes the food we eat and the clothes we wear, so we better start conserving.