

SO YOU WANT to Save Water?

How much water is in that cup of coffee next to your desk? Well, about a cup, plus the bathtub full of water that it took to produce the beans for it. It takes more than 2500 gallons of water to produce just one pound of roasted coffee beans.



50 bathtubs
2,500
gallons
equal
one roasted
pound **Coffee**

 **CUP OF TEA**
• 8 gallons to produce

 **WHEAT BREAD (1 SLICE)**
• 10.6 gallons to produce

 **DISHWASHER (1 LOAD)**
• 15 gallons to produce

 **APPLE**
• 18.5 gallons to produce

 **GLASS OF BEER**
• 19.81 gallons to produce

 **10 MIN SHOW (LOW FLOW)**
• 25 gallons

 **10 MIN DISHWASHING BY HAND**
• 30 gallons

 **GLASS OF WINE**
• 31.7 gallons to produce

 **WASHING MACHINE (1 LOAD)**
• 40 gallons

 **GLASS OF ORANGE JUICE**
• 45 gallons to produce



A FULL BATHTUB IS ~ 50 GALLONS

It's not always simple to figure out how much water goes into making what we use every day, but here are some figures for how much water goes into producing some of them.



 **10 MIN SHOWER (HIGH FLOW)**
• 50 gallons

 **EGG**
• 53 gallons to produce

 **GLASS OF MILK**
• 62.5 gallons to produce

 **SUNDAY NEWSPAPER**
• 80 gallons to produce

 **POTATOES (1 LB)**
• 119 gallons to produce

 **SUGAR (1LB)**
• 180 gallons to produce

 **VEGETABLES (1LB)**
• 39 gallons to produce

 **INSTANT POTATOES (1LB)**
• 227 gallons to produce

 **COTTON SHIRT**
• 700 gallons to produce

 **CEREAL GRAINS (1LB)**
• 197 gallons to produce

 **SET OF NEW TIRES**
• 2072 gallons to produce

 **CHICKEN MEAT (1LB)**
• 519 gallons to produce

 **BUTTER (1LB)**
• 666 gallons to produce

 **PORK (1LB)**
• 719 gallons to produce

 **BEEF (1LB)**
• 1850 gallons to produce



Replacing
COFFEE WITH TEA
(1 cup per day)
• **10,950** gallons
per year



Replacing
MILK WITH BEER
(1 glass per day)
• **15,582** gallons
per year



Replacing
HIGH-FLOW SHOWER WITH A LOW-FLOW SHOWER
(10-minute shower a day)
• **9,125** gallons
per year



Replacing
ORANGE JUICE WITH WATER
(1 glass per day)
• **16,717** gallons
per year



Replacing
BEEF WITH CHICKEN
(1 pound per week)
• **69,212** gallons
per year



Replacing
BEEF WITH VEGETABLES
(1 pound per week)
• **94,193** gallons
per year

Sources

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Loch Ness
WATER GARDENS

