Common Water Uses and Amounts

Directions: Use these examples to get a reasonable estimate of the amount of water used for each of the following activities.

Water Usage Information

Water Usage	Number of Gallons Used
Flush a toilet	3-5
Full bath in tub	36-50
Wash hands (with water running)	4 gallons per minute
Brush teeth (with water running)	2-10
Dishwasher	8-12 per load
Wash clothes	20-50 per load
Drinking water	2-12
Cooking	10
Washing the car	100

For the latest information on the relationship between production and water consumption, go to the Water Footprint website
http://www.waterfootprint.org/?page=files/home

On an average, globally, it takes the following amounts of water to produce the following foods:

- 70 liters of water to produce one apple
- 15,500 liters of water per kg of beef.
- 40 liters of water to produce one loaf of bread
- 3,900 liters for 1 kg of chicken meat
- 1,000 liters of water to produce 1 liter of milk