

# Do you know your water footprint?



## Lunch box 1

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
Chicken	4325 litre/kg	50 g	216
Cucumber	353 litre/kg	50 g	18
Apple	822 litre/kg	150 g	123
Banana	790 litre/kg	200 g	158
<b>TOTAL</b>			<b>515</b>

## Lunch box 2

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
Yoghurt	291 litre/kg	125 g	36
One slice of ham	6000 litre/kg	30 g	180
Half small baguette	517 litre/kg	150 g	77
Savoury biscuits	11,000 litre/kg	10 g	110
Walnuts	5293 litre/kg	15 g	79
Grapes	317 litre/kg	30 g (7 grapes)	10
Tomatoes	214 litre/kg	20 g	4
Cucumber	353 litre/kg	50 g	18
<b>TOTAL</b>			<b>514</b>

## Lunch box 3

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
Pasta	1410 litre/kg (uncooked)	50 g (uncooked)	71
One egg	3300 litre/kg	60 g	198
Tomatoes	214 litre/kg	40 g	9
Clementine (based on half orange)	533 litre/kg	80 g	43
<b>TOTAL</b>			<b>321</b>

## Lunch box 4

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
One slice of bread	1300 litre/kg	60 g	78
One lettuce leaf	240 litre/kg	20 g	5
Tomato	214 litre/kg	20 g	4
Apple	822 litre/kg	150 g	123
Cucumber	353 litre/kg	50 g	18
<b>TOTAL</b>			<b>228</b>

## Lunch box 5

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
One slice of bread	1300 litre/kg	60 g	78
Chicken piece	4325 litre/kg	10 g	43
Salami stick	6000 litre/kg	10 g	60
Grapes	317 litre/kg	50 g (10 grapes)	16
Tomatoes	214 litre/kg	30 g	6
Banana	790 litre/kg	200 g	158
<b>TOTAL</b>			<b>361</b>

## Lunch box 6

Foodstuff	Water footprint per kg	Lunch box amount	Lunch box water footprint (litres)
One slice of bread	1300 litre/kg	60 g	78
One slice of cheese	3178 litre/kg	50 g	159
Tomatoes	214 litre/kg	40 g	9
Clementine (based on half orange)	533 litre/kg	80 g	43
Grapes	317 litre/kg	60 g	19
One egg	3300 litre/kg	60 g	198
<b>TOTAL</b>			<b>506</b>