

Day 5

Reflection

The Dandy Lions

20 POINTS

Write a brief reflection (under 100 words) including:

- **Recipe of the original meal & its approximate water footprint**
- **Substitutions that could make the meal water-friendly**
- **What surprised you most about the results**

One of my favorite meals is a homemade chicken salad made with lettuce, carrots, cucumbers, chicken, and a dressing of olive oil, sugar, salt, pepper, and sesame oil. This meal has an approximate water footprint of 244 gallons (924 liters) per serving, mostly due to the chicken and olive oil. To make it more water-friendly, I could substitute the chicken with chickpeas and the olive oil for sunflower oil. I was most surprised by how much water is used to produce chicken as it was more than I expected for a single ingredient in a salad.

WATER FOOTPRINTS:

- Blue Water Footprint: surface water and groundwater evaporated or used directly to produce an item
- Green Water Footprint: rainwater evaporated or used directly to make an item
- Grey Water Footprint: freshwater required to dilute wastewater generated in manufacturing, to maintain water quality, determined by state and local standards

FAVORITE MEAL: Chicken Salad

INGREDIENTS:

- Organic Romaine Lettuce (Small Water Footprint):
 - 7 gallons per serving
 - 26 liters per serving
 - 12% Blue Water Footprint
 - 56% Green Water Footprint
 - 32% Grey Water Footprint
- Organic Cut & Peeled Baby Carrots (Small Water Footprint):
 - 6 gallons per serving
 - 23 liters per serving
 - 14% Blue Water Footprint

- 54% Green Water Footprint
 - 31% Grey Water Footprint
- Cocktail Cucumbers (Small Water Footprint):
 - 11 gallons per serving
 - 42 liters per serving
 - 12% Blue Water Footprint
 - 58% Green Water Footprint
 - 30% Grey Water Footprint
- Seasoned Rotisserie Chicken (Large Water Footprint):
 - 130 gallon per serving
 - 492 liters per serving
 - 7% Blue Water Footprint
 - 82% Green Water Footprint
 - 11% Grey Water Footprint
- Homemade Dressing
 - Olive Oil (Olives - Large Water Footprint):
 - 90 gallons per serving
 - 341 liters per serving
 - 17% Blue Water Footprint
 - 82% Green Water Footprint
 - 1% Grey Water Footprint
 - Fine Granulated Sugar (N/A)
 - Fine Grain Sea Salt (N/A)
 - Fine Ground Black Pepper (N/A)
 - Roasted Sesame Oil (N/A)