

WATER FOOTPRINT



One meal I frequently enjoy is rosé pasta, pasta with a creamy tomato sauce. The recipe to make this meal is:

1 1-lb. box pasta
2 tsp oil
3 garlic cubes,
1 24.7-oz. bottle crushed tomatoes
1 pint (2 cups) heavy cream
Salt and pepper

The amount of water for each item is:

Pasta- **224 gallons per serving**
Oil- **~37.46 gallons per serving**
Garlic- **4.5 gallons per serving**
Tomatoes- **37.05 gallons per serving**
Heavy Cream- **~502 gallons per serving**
Salt and Pepper- **~1.25 gallons per serving**
Total = 806.26

Some substitutions that would make this meal more water-conserving are using milk instead of heavy cream, which has a smaller water footprint, and cooking the pasta on the stove instead of a large pot to decrease wasted water.

Water is essential to all life, yet it is taken advantage of and used in large quantities to make the food we eat. The results of the water footprint for this food item were shocking. 800 gallons is a lot of water, and that much being used only on one batch of pasta opened my eyes to how much water is really being used in daily life. From now on, I will substitute ingredients and use less water to ensure less waste of resources.