

Water Footprint
ESTIMATION



MEAL: PASTA



The background of the image is a rustic kitchen scene. It features several wooden bowls on a wooden surface. One bowl contains a whole head of garlic and some loose garlic cloves. Another bowl contains a mixture of cooked pasta, tomatoes, and vegetables. A third bowl in the foreground contains several whole, red, wet tomatoes. In the background, there is a bottle of olive oil. The overall lighting is warm and focused on the ingredients.

Ingredients & Water **FOOTPRINT** *(per serving)*

- Pasta (100 g): 185 L
- Tomatoes (100 g): 21 L
- Onion (30 g): 10 L
- Mixed Vegetables – bell pepper, carrot, zucchini (70 g): 23 L
- Olive Oil (10 g): 140 L
- Cheese (30 g): 150 L
- Oregano & Chili Flakes (~2 g total): ~1 L
- Total Water Footprint: ~530 liters per serving



@ecovisionaries

REFLECTION

I made a veggie pasta with tomato sauce, onion, olive oil, and cheese, and I was honestly shocked to see that the total water footprint was 529 liters per serving! Most of it came from the pasta, cheese, and olive oil, and not from vegetables. I realized that using seasonal veggies, trying lentil-based pasta, or cutting back on cheese could easily cut the water use by more than half. It really surprised me how much water goes into everyday food and how small changes can actually make a big difference. This made me think a lot more about the choices I make in the kitchen.