

## Recipe for food for a day in the USA

(Crude oil equivalent of fossil energy invested in the US food system per person daily)

Farming	2¼ c	crude oil*
Processing	3¼ c	crude oil*
Packaging	1 c	crude oil*
Hauling	⅔ c	crude oil*
Selling	2½ c	crude oil*
Eating Out	2 c	crude oil*
Eating In	4⅔ c	crude oil*

\*Substitute ⅔ lb coal or 8 cubic feet natural gas per cup of crude oil

Total energy: 35,000 Calories or 1 gallon of crude oil

Quantities calculated by Michael Bomford, Kentucky State

University, using data from "Energy Use in the US Food System" by Patrick Canning et al.

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Available at

<http://www.ers.usda.gov/publications/err94/>.