

Drinking Water: Bottled or From the Tap?

Water is good for you, so keep drinking it. But think about how often you use water bottles, and see if you can make a change.

WHAT IS THE PROBLEM?

For every 12 ounce bottle, 24 ounces of water is used to make the bottle.

The US uses 50% of the plastic bottles in the world, but only recycles 20% of what it uses.

The rest are sent to landfills. Or, even worse, they end up as trash on the land and in rivers, lakes, and the ocean. Plastic bottles take many hundreds of years to disintegrate.

There is also growing concern that chemicals in the bottles themselves may leach into the water.

Previous recycling solutions are less likely options these days, meaning other countries don't want our trash anymore.

Approximately ¼ cup of oil is used to make each plastic bottle

SO WHAT IS THE SOLUTION?

Some people drink bottled water because they think it is better for them than water out of the tap, but that's not true. In the United States, local governments make sure water from the faucet is safe.

Purchase a variety of refillable containers, stainless steel, not aluminum and BPA free (plastic lining hormone mimicker)

The Container Recycling Institute, says try using fewer bottles: If you buy a piece of plastic, don't throw it away---bring it home and reuse it. 1 tsp. of white vinegar and a little water in the bottle will clean the inside from mold and bacteria.

And yes, you can make a difference. Remember : Recycling one plastic bottle can save enough energy to power a 60-watt light bulb for six hours.

Please practice conscience consumption

CUT AND PASTE THIS LINK TO FIND OUT ABOUT FILTERS AND YOUR TOWN WATER
<https://www.ewg.org/tapwater/water-filter-guide.php?filtertype=On+Counter&technology=All+filter+technologies&claim=Any+contaminant#findfilter>

Our office is giving away reusable water bottles. BPA free.