



## 10 WAYS A REUSABLE WATER BOTTLE IS BETTER THAN A PLASTIC ONE

1. Plastic water bottle production uses 17 million barrels of oil a year, and it takes three times the water to make the bottle as it does to fill it.
2. The average water pitcher filters 240 gallons of water a year for about 19 cents a day. To get the same amount of water from bottled water would require 1,818 16.9-ounce water bottles a year—at an **average** cost of a dollar a bottle, that's \$4.98 a day!
3. The recommended eight glasses of water a day at U.S. tap rates equals about \$49 per year; that same amount of bottled water is about \$1,400.
4. In blind taste tests, people actually prefer the taste of tap water to that of bottle water.
5. Is plastic really more convenient? Isn't filling up a reusable water bottle for the day easier than finding a store that sells bottled water and waiting in line to pay for it?
6. If they've been sitting around for a while or exposed to heat, almost all plastic bottles leak endocrine-disrupting chemicals. Shudder!
7. Never mind the pretty picture on the label—approximately 25% of bottled water is sourced from the tap! Yes, some companies do filter or radiate the tap water with ultraviolet light before selling it to you and then charge you more!
8. Even with recycling efforts, six out of seven plastic bottles consumed in the U.S. are sent to landfills where toxins from degrading plastic containers leach into watersheds and soil.
9. Local water lets you ride the crest of a new wave! Local food is everywhere from your CSA to favorite farmers' market to the hot new farm-to-table restaurant. All that wonderful local food is grown and cooked with ... local water. So foodies rejoice—it's time to get your hydrophilia on and care for and support our water sources every bit as much as we support healthy, organic, local farms!
10. If after six months, you still crave water from Fiji, then why not take the money you've saved by sipping sustainably and treat yourself to a vacation in, well, Fiji—where you can hydrate, surf, relax, and celebrate the fact that you are an awesome part of the solution!

**Sources:** BantheBottle.net | MindBodyGreen.com | HealthyHumanLife.com