

## Bottled Water

### Why we care

Almost everywhere you look someone is carrying a bottle of water. Indeed, sales of bottled water have grown ten percent a year in the last decade.

Those who drink bottled water point to its safety, taste or convenience. In reality, bottled water in general is no cleaner than tap water; one-third of brands tested contained contaminants. In blind taste-tests, participants can't tell the difference between tap water and bottled water. Ironically, the top-two-selling brands of bottled water are not spring or groundwater but simply filtered tap water, as is nearly forty percent of all bottled water.

While it may be convenient to grab a bottle of water from the cooler or fridge, it's also expensive: bottled water costs more per gallon than gasoline. Supplying Americans with the plastic bottles alone consumes more than 17 million barrels of oil – enough to fuel 1 million cars for a year. That doesn't include the fuel and expense of shipping (water is heavy). Additionally, almost 90 percent of the bottles end up in the landfill or as litter after just one use.

### Simple, positive change

- Use durable, refillable bottles. Stainless steel or glass containers are preferable to plastic because they won't leach chemicals into the water.
- To rid tap water of chlorine, purchase a filter, or simply leave the uncovered water in the refrigerator so the chlorine can dissipate.

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