



## Background

Water bottle production causes pollution and produces waste.

In 2007, bottled water production in the United States used the energy equivalent of 32 million oil barrels to produce plastic water bottles, and 54 million to transport them.

More and more people choose bottled water over tap water.

In 1976, the average American consumed a gallon and a half of bottled water each year. By 2008, the average person consumed 30 gallons of bottled water per year. Americans now drink more bottled water than milk or beer.

Tap water is subject to more rigorous regulation by the EPA than bottled water is by the FDA.

Drinking tap water is a healthy choice, and reduces negative environmental impact. Most bottled water companies use reprocessed tap water from cities around the country.

## What You Can Do

- Drink more tap water
- If you're unsure about the tap water in your area, you can purchase a water purifier in a local store
- Buy a reusable water bottle
- If you must buy bottled water, reuse it until you recycle it
- Place a glass pitcher of water in the refrigerator
- Seek out public drinking fountains rather than buying bottled water during outdoor activities

## Learn More

### Local Water

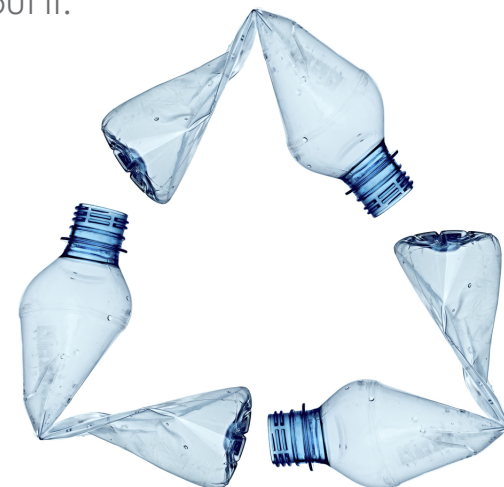
Check your city's website to find out about the safety of your drinking water.

### Read More

Search for more information online and in news articles from your local papers and other reputable sources.

### Earth Policy Institute

The Earth Policy Institute published an interesting study in 2006. Go to their website [www.earth-policy.org](http://www.earth-policy.org) and read all about it.





## Benefits

- Reduce the demand for bottled water and the oil spent on producing and transporting water bottles
- Save Money: 4,787 water bottles could be filled with \$2.10 of tap water
- Know what is in your water and where it's from
- Improve your dental health with the fluoride in tap water. (Fluoride is not always found in bottled water.)
- Help the environment

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Choose Tap Water First

# The Truth

## About Your Water

What You Can Do.

