

5 Smart Ways to Go Green with Drinking Water

Drinking enough water is important. After all, 60 to 70% of our bodies is water. **BUT**, the bottled water craze has created a huge problem: billions of gallons of oil used to make plastic bottles and billions of bottles thrown away in landfills.

1. Turn on your tap.

The evidence is clear: Tap water is cheaper, often healthier, and always better for the planet than bottled water. In fact, 25 to 40% of bottled water comes straight out of a tap somewhere. Ignore the fancy ads and turn on your tap for clean water that is hundreds (or thousands) times cheaper than bottled. For more info, go to www.drinktap.org/

2. Use glass or metal containers.

Experts agree that the safest water containers are either glasses - like the old-fashioned ones in your kitchen - or stainless steel bottles. Glasses are cheap and reusable until they break. Stainless steel bottles are available in a variety of sizes and styles, as well as very fashionable colors and designs, for somewhere in the range of \$10 to \$25.

3. Choose plastic bottles and bags wisely.

The problem with plastic bottles (besides the tons in landfills) is **BPA** (or **bisphenol-A**), a chemical that may increase cancer risk. While scientists are evaluating the evidence, many experts agree that **BPA-free** plastic is better (especially for baby bottles). Most companies and stores now sell **BPA-free** reusable bottles and bags at a reasonable cost.

4. Reduce and recycle plastic bottles.

There is still disagreement about whether it is safe to reuse the typical bottle sold with water or other beverages (they are difficult to clean and they may leach chemicals). The most environmentally-friendly strategy is to purchase a reusable bottle. If you must buy bottled water, always buy the largest size possible and always recycle the plastic.

5. Conserve water whenever you can.

Since water is a precious and limited resource on our planet, every environmentally-responsible drinker needs to think beyond their own water bottle. There are dozens of ways to reduce your use of water - from taking shorter showers to only washing full loads of clothes. For 100+ tips and more, go to www.wateruseitwisely.com/.