

ONE LESS BOTTLE

Before we buy drinks in plastic bottles, let's STOP and CONSIDER:

- **Water used in production** - It takes about 1.4 gallons of water to produce a typical single-use water bottle.¹
- **CO2 emissions** - Water/Soda bottles are typically made from PET (#1 plastic). According to the EPA, approximately 1 oz. of carbon dioxide is emitted for each ounce of PET produced.²
- **Extraction of fossil fuels** - In the US, the resin used to make plastic likely comes from the Texas Gulf region, where record amounts of oil and natural gas are extracted using hydraulic fracturing (i.e., fracking).³
- **Longevity** - PET plastic was designed to NOT decompose. By some estimates, it can take around 450 years for a water bottle to break down in a landfill. Emerging research shows plastic never fully decomposes; it just breaks down into ever smaller particles, eventually becoming microplastics.
- **Impact on human health** - Microplastics have been found in human blood, lung tissue, the colon, and even breast milk.



Instead of BUYING bottled water, let's bring our own bottles!

Hints for remembering to BYOB:

- Purchase a reusable bottle or a collapsible bottle if size is an issue
- Put the water bottle in the car the night before you head out or place it next to your keys
- Put a reminder on your phone
- Put extra empty bottles in the car

Already bringing your own bottle?

We applaud your choice! Consider these additional ideas for reducing plastic:

- Soaps and shampoos in bulk, and bring your own container
- Shampoo bars packaged in paper
- Laundry detergent sheets packaged in paper



¹<https://grenovasolutions.com/worldwaterday2023/>

²<https://stanfordmag.org/contents/the-link-between-plastic-use-and-climate-change-nitty-gritty>

³<https://foodprint.org/blog/plastic-water-bottle/>