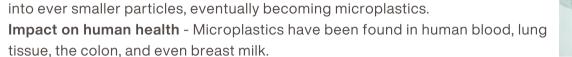
ONE LESS BOTTLE

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.





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

¹https://grenovasolutions.com/worldwaterday2023/ ²https://stanfordmag.org/contents/the-link-between-plastic-use-and-climate-change-nitty-gritty ³https://foodprint.org/blog/plastic-water-bottle/



This guide was created in winter 2024 by the Waste Prevention Action Team of the Corvallis Sustainability Coalition; printing sponsored by Republic Services.. For more guides and info about the Recycling Block Captain program, please visit: http://tiny.cc/wpatcapt.

