





# A Trendy Source of Waste

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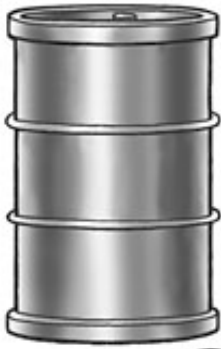
VENTURA COUNTY STAR '08 **GREENBERG**



EVEN THOUGH WE HAVE SOME OF THE **BEST** AND **SAFEST** TAP WATER IN THE WORLD...



AMERICANS STILL BUY UPWARD OF **28 BILLION** BOTTLES OF WATER A YEAR.

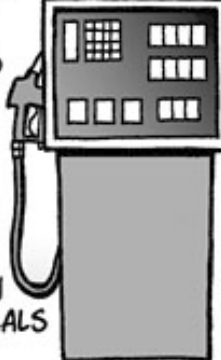


MANUFACTURING THIS USES AS MUCH AS **45 TO 50 MILLION** BARRELS OF OIL AND PRODUCES UP TO **3 TONS** OF CO<sub>2</sub> A YEAR.



**80 PERCENT** OF THE USED BOTTLES WIND UP IN LAND-FILLS, NOT IN RECYCLING.

PLASTIC BOTTLES HEATED IN THE SUN CAN LEACH CHEMICALS INTO THE WATER.



AND ON A PER-OUNCE BASIS, BOTTLED WATER COSTS TWICE OR MORE WHAT **GASOLINE** DOES, AND CAN BE UP TO **1,000 TIMES** THE COST OF TAP WATER.



BUT ISN'T IT WORTH IT, SINCE THEY NO DOUBT BOTTLE IT FROM SOME PRISTINE, MYSTERIOUS SOURCE?

*Think about where your bottled water has come from.*

*Do your part to reduce and recycle.*



## WHAT IS THE SAFEST WATER BOTTLE?

**Stainless steel** is probably the best choice, however you should avoid strong acidic liquids in them. Bottles with coated **aluminum** are also an option. Most of these are non toxic but it cannot be confirmed without full disclosure of the ingredients.

You should try to avoid plastic water bottles made of polycarbonate (7), PVC (3) and polystyrene (6). These have been known to leach chemicals into the water when used repeatedly. Polypropylene (5) or polyethylene (1,2,4) are preferred. These numbers are normally found stamped on the bottom of a water bottle.

If you do not mind the extra weight, some **glass lined** thermoses are a non-toxic option. They must be transported carefully as well as replaced regularly.

Most bottled water comes from a polyethylene terephthalate (PET #1) plastic. They are approved for one-time use only but they are often reused by the consumer. Plastics can be toxic so it may be unhealthy to reuse these bottles. Studies show that PET bottles that are reused may cause DEHA, a carcinogen, to leach from the plastic into the water in the bottle.

### Ideas for reusable water bottles:

**Kleen Kanteen** stainless steel water bottle w/ cap, 27 fluid ounces (\$17.95; [www.kleankanteen.com](http://www.kleankanteen.com))

**MLS** Stainless Steel Thermos Bottle, 1 liter (\$22.16; [www.mls-group.com](http://www.mls-group.com))

**Nissan** Thermos FBB500 Briefcase Bottle, 1pt (\$35; [www.coffee-makers-espresso-machines.com](http://www.coffee-makers-espresso-machines.com))

**Sigg** resin coated aluminum sport bottle, 25 ounces (\$19.99; [www.mysigg.com](http://www.mysigg.com))

**Platypus** #5 polypropylene 2+collapsible water bottle, 2.4 liters (\$9.95; [www.rei.com](http://www.rei.com))

**Nalgene** HDPE Loop-Top Bottle, 16 ounces (\$4.53; [www.nalgene-outdoor.com](http://www.nalgene-outdoor.com))



*If you must purchase a disposable plastic water bottle, then take the time to recycle these bottles. Recycling information can be found at [www.azrecycles.gov/#links](http://www.azrecycles.gov/#links). Recycling drop off centers can be found by calling the appropriate county for information. In Pinal County dial (520) 868-6685. For Maricopa County dial (480)782-3510.*

