



WOMEN
for a Healthy
ENVIRONMENT

FAST FACTS

- ◆ Choosing tap water is a better option for the environment. It takes three times as much water to make the bottle as it does to fill it.
- ◆ In the United States, it takes 1.5 million barrels of oil to produce plastic water bottles. That would fuel 100,000 cars for an entire year!
- ◆ Every year about 4 billion pounds of plastic bottles end up in landfills.
- ◆ To get your recommended daily amount of water for one year, it would cost \$1,400 if you only drank bottled water but only \$0.49 if you drank from the tap.
- ◆ Labels can be deceiving! Sports drinks and water with added vitamins and minerals are marketed for nutritional value, but contain ingredients to avoid such as high fructose corn syrup and artificial colors.
- ◆ Drinking water is healthy for you! It hydrates the body best and increases energy levels. The most common cause of daytime fatigue is mild dehydration.

Bottled Water vs. Tap:

Information to help you reach for a healthier option

Bottled Water

- ◆ It is not regulated by the federal Environmental Protection Agency (EPA) or the Food and Drug Administration (FDA).
- ◆ Bottled water companies are not required to notify customers if contaminants are present in the water, and in most states, where the water is from, how it is purified, and if it is from the tap.
- ◆ Over 25% of bottled water comes from a municipal water supply which is the same place tap water comes from.
- ◆ Bottled water is marketed as mineral, artesian, spring, and sparkling water, but does not have added health benefits according to the FDA.

Tap Water

- ◆ The EPA regulates tap water.
- ◆ In 2009, the Pittsburgh Water and Sewage Authority acquired drinking water from the Allegheny River and treated about 70 million gallons and reaching 83,000 customers daily.
- ◆ Nearly 90 million Americans use ground water and 16 million have private ground wells as their primary source of water.
- ◆ It's a good idea to filter tap water because of the presence of unregulated contaminants. Choose a proper filter system based on the contaminants present in your tap water (www.ewg.org/tap-water/whats-in-yourwater).
- ◆ Carbon filters can remove lead and by-products of the water treatment process. These filters are found in water pitchers, faucet filters, and large dispensers. Reverse osmosis filters remove chemical contaminants and disease-causing organisms, but result in a large amount of wastewater.

