



## The Impact of Single-Use Water Bottles

There has been much discussion about America's fixation with single-use water bottles. Here are some concerning facts:

- The most developed countries in the world spent \$35 billion on bottled water.
- It takes 1.5 million barrels of crude oil to make PET water bottles, globally. This is enough oil to fuel 100,000 American cars for a year.
- The industry used 2.7 tons of plastic to bottle water. 86 percent of that plastic becomes garbage or litter.
- 1500 plastic water bottles are being used every second in the United States alone. These stats make the United States the biggest bottled water market in the world.
- US landfills are overflowing with 2 million tons of discarded water bottles alone.
- Making water bottles for the US generates a billion pounds of carbon dioxide each year.
- The energy we waste using bottled water would be enough to power 190,000 homes.
- Last year, the average American used 167 disposable water bottles but only recycled 38.3.
- Americans used about 50 billion plastic water bottles last year. However, the U.S.'s recycling rate for plastic is only 23 percent, which means 38 billion water bottles – more than \$1 billion worth of plastic – are wasted each year.
- Next to plastic bags, plastic bottles are the most prevalent (and unsightly) source of pollution found on our beaches and shores. Each year, over **500 billion** disposable bottles and cups end up littering our soil, rivers, lakes and oceans, killing countless fish and animals.
- Water bottles take over 1,000 years to biodegrade, and if incinerated, they produce toxic fumes.
- Once you add in the water needed to manufacture paper labels and transportation fuel, it actually takes closer to SIX bottles of water to produce 1 liter of bottled water.

**The most sustainable option is to bring your own filtered tap water from home, in a reusable bottle.** The healthiest reusable bottle options are glass and stainless steel.

Visit <https://www.ewg.org/tapwater/> for information on what contaminants are in your water and find information on the best filter to use.

**Are there any instances when serving bottled water is appropriate?** Actually, yes. If you are hosting an event and need to provide water because guests are not able to bring their own reusable bottles, then single-use bottles are ok, as long as you remind your guests to recycle empty bottles (bottle tops go in the trash). Surprisingly this is a better option than providing water in pitchers with cups, because the cups would need to be thrown away. The best option, though, is always to encourage people to bring their own or provide reusable cups that can be washed.

**For more information, visit**

<https://www.smallfootprintfamily.com/why-plastic-bottles-are-bad-for-the-environment>

[https://thewaterproject.org/bottledwater/bottled\\_water\\_wasteful](https://thewaterproject.org/bottledwater/bottled_water_wasteful)

<https://www.hydratelife.org/bottled-water-why-its-bad-for-you-the-environment-and-water-3/>

<http://www.gogreen.org/blog/impacts-of-plastic-water-bottles>

