

Give up bottled water

Why: Americans consume 1 billion bottles of water every week. It takes 1.5 million barrels of oil to produce all those bottles, enough to fuel 100,000 cars for a year. Plus, it takes the equivalent of 37,000 eighteen wheelers just to haul it!

Every week in the U.S. about 860 million bottles are thrown away or littered. The bottles that are recycled are usually made into products that aren't recyclable, through a process requiring the use of toxic heavy metals.

How:

- Go back to the tap. Your municipal water company (see below) can supply you with information on standards and current test results. If you still have doubts, use a filter.
- Buy reusable, washable water bottles for yourself, your family and your friends. The initial investment might be \$5-15 per bottle, but it will pay for itself in a few weeks.
- Instead of providing single-serve bottles for a meeting, party, school or community event, serve water from a pitcher, cooler or other dispenser with a spout. Provide durable or biodegradable cups instead of Styrofoam.

Local water departments:

[Kansas City Missouri](#)

[Johnson County, Kansas](#)

[Kansas City / Wyandotte County, Kansas](#)