

## LET'S TALK TRASH – FEBRUARY 2021

**PLASTIC WATER BOTTLES:** Plastic bottles and lids are typically in the top three items found in shoreline cleanups around the world. Chances are, if you spend any time near or in the ocean around Lasqueti, you've seen bottles and lids floating or crammed in amongst beach wood.

If you buy bottled water, please consider the following information:

- It's estimated that globally, more than a million plastic bottles are sold every second.
- Manufacturing requires 3-5 Litres of water to produce a 1 litre plastic bottle.
- Massive amounts of fossil fuels are needed to manufacture and transport bottled wa-ter. This contributes to climate change.
- Bottled water uses 2000 times the energy used to produce tap water.
- 90% of bottled water costs come from making the bottle, packaging, shipping and marketing.
- When you buy bottled water you are buying plastic.
- Bottled water is not cleaner or safer than tap water. Bottled water plants are inspected on average every 1-3 years. Municipal water treatment is strictly regulated and water is tested continuously for safety.
- Bottled water companies do not have to identify the water source or treatment proce-dures on the label.
- "Glacier water" and "mountain water" are unregulated terms. A 2010 study showed that 45% of bottled water turned out to be treated tap water from multiple sources.
- Springs and aquifers are often over pumped by bottled water companies which leads to water shortages.
- Plastic, especially when exposed to the sun, can leach chemicals into the water which can negatively effect health. The more bottled water we drink, the more microplastics enter our body. Microplastics are known to attract toxins, and this leads to biomagnifica-tion of toxins as they move up the food chain.
- It takes at least 450 years for a PET plastic bottle to completely degrade.
- Landfills can't support the garbage generated by the bottled water industry.
- On average, only 30% of plastic bottles in Canada are recycled (BC has much higher rates because the bottles have a deposit on them). While plastic water bottles are theo-retically more recyclable than other plastic, they are mostly turned into fibre that be-comes carpet and fleece clothing.

Here's what you can do to help stop the tide of plastic water bottle pollution:

- Carry a reusable water bottle.
- Refuse to pay for water. Water is a basic necessity. Fight the companies who profit from what should be a public resource. Coca-Cola, Pepsi-Co and Nestle are the top world polluters. They sell bottled water.
- Ask your local politicians to set up more public water refilling stations.

- Demand that there be a recycled content requirement in products and packaging so that plastic bottles become valuable. The EU, in fact, has set a target for member countries to have 30% recycled content in plastic bottles by 2030. Big brands like Coca-Cola and Pepsi are also committing to varying levels of recycled content requirements in the decade ahead.
- If you are worried about your Lasqueti water quality, buy a home filtration system. The Doulton water filter is simple, effective and cheap compared to a bottled water habit.