

# Stop Polluting the Planet with Disposable Plastic Water Bottles

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Disposable plastic water bottles are a convenient way to stay hydrated, but they have major consequences on the health of our planet—not to mention the people who drink from them. The production and disposal of bottled water negatively impacts the Earth's resources, the size of our landfills, and even the level of water pollution in the fluids you drink every day. The statistics and other details below explore that impact in more detail, including how reusable water bottles act as a strongly preferable alternative. Be sure to share the full [infographic](#) at the bottom of this page to spread the word about the dangers of disposable containers.

## Bottled Water Facts & Statistics

If you use disposable water bottles, here are some important concerns you should know about how they're made as well as the problems they cause for the planet, your health, and your wallet.

## Industrial Production



Some of disposable water bottles' most harmful effects occur before they actually exist—while they're still being made. They require a significant amount of resources to produce, and the byproducts can be dire.

- Plastic bottles for water are made of polyethylene terephthalate (PET).
- It takes 1/4 of a bottle of oil to produce a single water bottle.
- 90% of bottled water's cost comes from making the bottle.



It takes 17 million barrels of oil to make one year's supply of bottled water. That much oil could fuel 1.3 million cars for a year or power 190,000 homes!



Bottling water releases 2.5 million tons of carbon dioxide into the atmosphere every year.

## Effects on the Environment



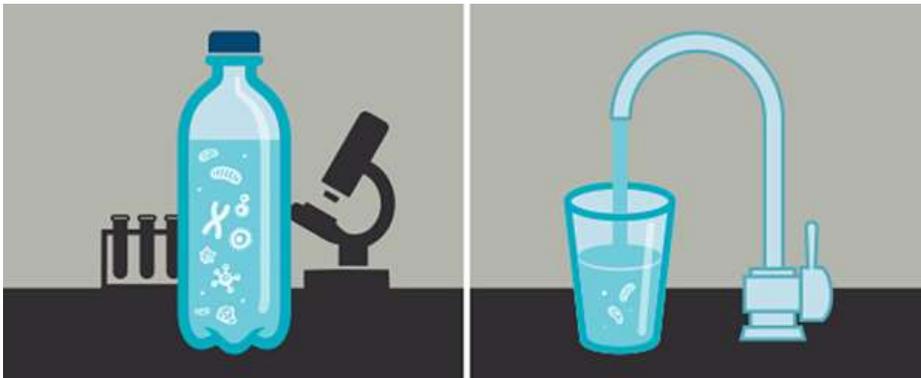
Bottled water creates serious danger when it comes to the size of our landfills, as well as the conservation of our water resources and marine life. Read on to learn more about the harmful effects of bottled water on the environment.

- 38 billion water bottles (over 2 million tons) end up in U.S. landfills each year.
- Most bottled water comes from places with limited water supplies, like California. Nestle even created a water shortage in Pakistan.
- Plastic waste (including plastic bottles) washes into the ocean and kills 1.1 million marine creatures annually.

## Health Risks & Concerns



Bottled water isn't just bad for the health of our planet—it has a [detrimental effect on our own bodies](#). Water bottles contain chemicals like BPA and antimony that can cause reproductive issues, asthma and dizziness. Studies even suggest a possible [risk of breast cancer](#).



Bottled water is tested for microbes and other water pollution four times less than tap water

## Water Costs



Water packaged in disposable bottles is shockingly expensive when compared to other sources of drinkable water. For the recommended amount of eight glasses of water a day, bottled water costs:

- \$1,800 a year
- 26 times more than a filtered pitcher
- 3,675 times more than tap water

## Reusable Water Bottle Facts & Statistics

Fortunately, reusable water bottles offer a wide range of advantages in terms of both environmental impact and promoting your business.

## Environmental Benefits



Reusable bottles are a safe, less wasteful and ultimately more cost-effective alternative to disposable ones. Using reusable bottles allows you to:

- Lower the amount of waste in landfills
- Reduce or eliminate harmful chemicals
- Protect animals and their natural habitat