

Take The **Plastics Crisis Challenge**

12 weeks to a lot less plastic in your home and in your life!

Plastic, plastic everywhere...and not a drop to drink?

Drinking enough water is important for our health, but these days, water often comes in plastic bottles. Bottled drinks are marketed as cheaper and safer than tap water, when in fact they are not, at least in the U.S.

We've been conditioned to see water as a commodity that we must buy. But access to clean water is a right, not something municipalities should outsource to megacorporations like Nestle, Coke and Pepsi!



How to banish the ubiquitous plastic bottle from your home

Plastic bottles
end up as
litter.

- Drink tap water! It's safe and cheap
- Carry a water bottle everywhere (steel or glass)
- Bring your own mug to the coffee shop
- Ditch the straws or opt for a reusable straw
- Need distilled water? Use the reverse osmosis filter systems in stores and refill your jug

Check out beyondplastics.org

for online how-tos on:

- Installing water bottle filling stations at your workplace
- Replacing vending machine plastic bottles with aluminum cans, (more likely to be recycled)
- Joining a campaign to make big polluters stop using single use plastic bottles

We also recommend [Food and Water Watch](https://www.foodandwaterwatch.org), for political advocacy around clean water.

