

Do you Drink Bottled Water?

Written by: Isabelle
Hance and Ayla Meinen

Well **STOP** and Read This:

Bottled water has chemicals:

Research has been done and scientists have found that there are many unsafe chemicals that can be found in bottled water. These chemicals can be harmful to young children. Some of these chemicals can be connected to heart disease, diabetes, and cancers.

More garbage:

Plastic water bottles can stick around for many years. Plastic is not biodegradable. Sadly a lot of plastic water bottles do not get recycled properly instead they get thrown into the garbage and end up in our landfills.

Bottled water is not healthier:

Did you know that **most** water that goes into water bottles is from the tap. Even though they say it is, “fresh natural spring water” it actually comes from a tap. Don’t let them fool you!

Cavities, “No thank you!”:

Bottled water can cause tooth decay. Research has shown that if you drink too much bottled water, it can cause cavities. Children need fluoride for healthy teeth and bottled water does not have it.

It dangerously pollutes our environment:

It takes a lot of fossil fuel to make plastic water bottles. These fossil fuels create and release danger pollutants in our environment. These pollutants are unsafe to humans and animals.

Did You know:

That by recycling one plastic bottle you can:

- save enough energy to power a 60-watt light bulb for six hours.

- Save our natural resources
- Reduce greenhouse gases and pollution

What can you do:

- Get a stainless steel bottle and use it everyday.
- If you have to use a plastic water bottle, remember to put it into the recycling bin NOT the garbage bin.
- Always remember to conserve water - we will need it for the future.

