

# THINK OUTSIDE THE BOTTLE

## TAP VS BOTTLED WATER

### CAN YOU TASTE THE DIFFERENCE?

#### TAKE OUR BLIND TASTE TEST

**Friday, October 25th, Room 025**

### 7 REASONS TO DRINK TAP WATER:

1. Tap water is highly regulated. It is regularly checked for traces of E. coli and fecal coliform bacteria. The FDA doesn't hold the same rules for bottled water.
2. Tap water must be tested for coliform bacteria 100 or more times a month. Bottled water companies are only required to test once a week.
3. Tap water is tested and regulated by government-certified labs. These requirements don't exist for bottled water companies.
4. The bottled water industry isn't required to list the source, purification methods, or chemical pollutants that might be in the water on the bottle, so there's no telling what you're drinking.
5. Tap water is free, while a bottle of water typically costs at least \$1.00. In fact, 40 percent of bottled water is actually just plain tap water, so why pay for it?

6. Used water bottles often end up in landfills and account for 1.5 million tons of plastic waste a year. Filling a reusable bottle with tap water is the better way to go as far as the environment is concerned.

7. The bottles are also unhealthy. The chemical phthalate is added to the plastic to make it less brittle. When the plastic is heated (like in your car on a hot day), the chemical leaches into your water. Drinking this chemical has been linked to reproductive issues, liver problems, and an increased risk for certain types of cancer.



*Only half of the participants in our blind taste test were able to correctly identify the tap water vs the bottled water.*

*Tap is where it's at.*

*Conduct your own blind taste tests!*

*Watch the Story of Bottled Water at <http://www.youtube.com/watch?v=Se12y9hSOM0>*

**Which do you drink more often, bottled water or tap water?**

