

**Reduce Plastics**  
**Use- Protect Your**  
**Health and the**  
**Environment**



- Americans used 50 billion plastic water bottles last year. Only 23% of them were recycled, resulting in 38 billion bottles in landfill and in the ocean.
- Making these plastic bottles used 17 million barrels of oil, enough to fuel 1.3 million cars a year.
- Bottled water hits our wallet as well. The recommended 8 glasses of water per day, at the U.S. tap rates equals \$0.49 per year, while the same amount of bottled water is \$1,400. There is no evidence that bottled water has better quality than tap water.
- Annually 500 billion plastic bags are used worldwide. More than 1 million bags are used every minute.
- U.S. exports post-consumer waste plastic for recycling to China, India, and other countries. In 2013, China implemented the Green Fence ban and only accepts plastics #1 and #2. Plastics #3-#7 are sent to landfill.



The problem with plastics, however, is not only that we are wasting enormous amount of oil resources and that we are polluting the environment.

The BIG problem with plastics is that they are damaging our own health.

Plastic bottles contain BPA and phthalates, which are endocrine disruptors and have been classified by the State of California as reproductive toxins linked to neurological diseases, obesity, diabetes, and cancer.

93% of Americans above the age of 6 have tested positive for BPA.

**Things You Can Do Every Day to Reduce the Use of Plastics and to Protect Your Health and the Environment:**

1. Use pitcher filter for your tap water instead of buying bottled water. When on the go, take filtered tap water with you in a reusable glass or stainless steel bottle.
2. Avoid sodas and store juices in plastic bottles. Make your own freshly squeezed juices at home. Soda and store juices cause more harm than good to your health.
3. Bring your Coffee Mug to the coffee shop or to work to avoid using single-use disposable cups.
4. Ask for a reusable ceramic cup at the coffee shop. Do not use disposable cups if you are drinking your coffee at the store.
5. Bring your reusable bags to the Farmers Market and to the grocery store. Minimize the use of plastic bags.



Plastic bags, single-use disposable cups, and plastic bottles and food containers generate tremendous waste and pollution to our own body and to the environment.

They are given to us for free and we assume they are free. The reality is that we are paying a very high price with our health and the destruction of the environment.

Join us in doing the simple things outlined above every day and we can go a long way- one plastic bottle and one disposable cup at a time!



This article was written by Open Space and Ecology Committee members: Megan Keogh and Kameliya Vladimirova.

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