

ZERO
calories

ZERO
sugar

tastes
GREAT

SAVES
MONEY

it's
GOOD
FOR YOU

I 
TAP
WATER

ECO
FRIENDLY

it's
GOOD
FOR THE
PLANET

SAFE and
ACCESSIBLE

take the
PLEDGE
today

Cal
Dining 



 **UNIVERSITY**
HEALTH SERVICES
Tong Center

Did you know...?

- **Tap water has more stringent health regulations than bottled water**
 - The Environmental Protection Agency allows absolutely no traces of fecal e-coli bacteria in tap water, while some bottled water companies are allowed to have small percentages
 - City water is regulated and screened **100 times a month**, whereas bottled water is screened only **4 times a month**

Berkeley's Tap Water is highest quality

- San Franciscans and other Bay Area residents **enjoy some of the nation's highest quality drinking water**
- Our primary source of water is the pristine Sierra snowmelt from the Hetch Hetchy reservoir in Yosemite National Park
- Bottled water companies are exempt from testing for common pathogens that cause diarrhea and certain important toxic or cancer-causing chemicals such as phthalate
- 22 percent of the bottled waters tested violated strict applicable California state limits for bottled water in at least one sample, most commonly for arsenic or certain cancer-causing "synthetic" organic compounds.
- **Every year, our tap water is tested more than 100,000 times to ensure that it meets or exceeds every standard for safe drinking water.**

Waste

- Approximately **90%** of water bottles are NEVER recycled and end up in landfills, rivers, streams, and oceans
- More than **1 billion** water bottles are winding up in the trash in California each year.
- 3 million empty water bottles go into the trash EVERY DAY and an estimated **\$26 million** in **unclaimed** California Refund Value (CRV) deposits annually.

Toll on the Environment

- The manufacturing of bottled water is an energy-intensive process:
 - Approximately 1.5 million barrels of oil (enough to run **100,000 cars for a whole year**) are used to **MAKE** plastic water bottles
 - **TRANSPORTING** these bottles burns **even more** oil
 - Every liter of bottled water could power a 100-watt lightbulb for up to **10 hrs.**
 - on average, we drink **110 L per person** per year. (That's 18 days of electricity)
 - By eliminating your intake of plastic water bottles, you can power a **110 lightbulbs**
 - 1 water bottle: Takes $\frac{3}{4}$ water, $\frac{1}{4}$ oil (in terms of energy used to make it)

How Much Are You \$pending?

- If you choose to get your recommended eight glasses a day from bottled water, you could spend up to **\$1,400 annually**. The same amount of tap water would cost about **49 cents**.
- Most of the price of a bottle of water is for its bottling, packaging, shipping, marketing, retailing and profit.
- The explosion of the bottled water industry is in part due to marketing strategies of bottled water companies that try to convey images of pristine sources, purity, and safety
- Thirty years ago, bottled water barely existed as a business in the United States. Last year, we spent more on Poland Spring, Fiji Water, Evian, Aquafina, and Dasani than we spent on iPods or movie tickets (**\$15 billion**)

You Decide.

- Where is your water coming from?
- How did it get to you?
- Is it worth the money, energy cost, and waste?



Take the Pledge!

uhs.berkeley.edu/tapwater

Sources

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