



*Protecting our land, air and water  
to preserve our way of life in harmony with all species.*

## Our Earth, Our Home ... Let's Protect It by Changing Simple Habits “Drink at the Sink!” in October

At Environmental Protection & Natural Resources, EPNR, we are making Earth Day last all year long. To celebrate, we have added an eagle soaring over Red Mountain to our logo. The eagle symbolizes that we share a fragile and vulnerable habitat with the Desert Nesting Bald Eagle, an environment that is constantly being impacted. Like the eagle, however, we can rise above this challenge and do our part to help protect our home.

Because protecting the environment is everyone's responsibility, we've launched a Clean & Green Campaign to celebrate Earth Year. Every month, in this column, we are showing you how you can change one habit that can make a real and positive eco-friendly difference for our land, our air and our water. At the end of the 12 months, you will have adopted 12 new habits to help protect your home and the environment.

During the month of October, we urge you to **Drink at the Sink** by following these simple steps:

### **Make it a habit to drink at the sink.**

- Stop or reduce bottled water use! Generally tap water is cleaner than most bottled water. Federal regulations for municipal water are more strict than for bottled water. (Environmental Defense Fund)
- Fill your glass or reusable water bottle with water from the tap.
- Invest in a water faucet filter such as PUR or Brita for your home for drinking water. Water faucet filters can be found online or at hardware stores and places like Target and Wal-Mart.
- Buy a neoprene bottle and fill it with water from your sink this will save money and help to reduce bottled water usage. Tap water is delivered to homes and offices for \$0.002 a gallon. Bottled water, which can cost as much per gallon as gasoline, is a thousand times more expensive. (Environmental Defense Fund)
- If you still prefer to buy bottled water please remember to recycle the empty container. River Recycling Materials Recovery Facility (MRF) located at the Salt River Landfill accepts all types of plastics including plastic water bottles. Turn the bottle or container over and look for the recycling arrow triangle with a number in it. If the number is a 1 thru 7, the item can be recycled at the MRF.

### **Why is it important to Drink at the Sink?**

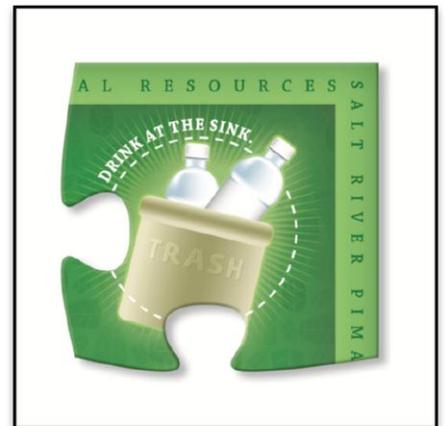
**FACT:** U.S. consumers use 50 billion plastic bottles every year – roughly one-third of global use.

**FACT:** Production of plastic for water bottles produces about 800,000 tons of global warming pollution per year. This is the same amount produced by 8 power plants or 140,000 cars.

**FACT:** It takes 26 times more water to make the plastic bottle than the bottle contains.

**FACT:** Most plastic bottles end up in the landfill. Only about 13% of water bottles are recycled.

(Statistics from the Natural Resources Defense Council)



To know more about the Clean & Green Campaign or to be part of the Healthy Habits Team, contact the EPNR Hotline at 480-362-7500 or by email [EPNR@SRPMIC-nsn.gov](mailto:EPNR@SRPMIC-nsn.gov)