



REDUCE PLASTIC BOTTLE WASTE



WITH NEXT TO ZERO EFFORT

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THE PROBLEM WITH PLASTIC WATER BOTTLES



- 🚫 It takes **3.L of water** and **250ml of oil** to make 1L of bottled water.
- 🚫 Australia has the **most expensive** bottled water on the planet, **2000% more expensive** than tap water
- 🚫 **90%** of the cost of bottled water is the bottle, cap and label.
- 🚫 Australians spent on average **\$580 each** in 2021 buying 504 litres of bottled water, the second highest consumption rate in the world.
- 🚫 Tests show plastic in **landfill** can last **a thousand years** before it starts to break down.
- 🚫 Water bottles can only be recycled a **finite** number of times.

But don't worry, we can **flip this around** together! Here's my best tips for remembering your reusable water bottle as you head out the door!

BEST TIPS FOR REMEMBERING YOUR WATER BOTTLE WHEN YOU HEAD OUT

It can be hard to remember to tote a **reusable water bottle** with you everywhere you go. But speaking from experience, I can tell you it becomes second nature with a bit of **practice**.

- 🌱 Store your clean and refilled drink bottle in an **obvious** and convenient place, like on the kitchen bench, by the door, next to your keys or even in your bag!
- 🌱 Add '**drink bottle**' to your leaving-the-house-mantra: "Purse, keys, phone, drink bottle!"
- 🌱 Grab a **spare!** Leave it in the place it would most save your forgetful self. That could be at work, in the car, in your backpack.
- 🌱 Leave a **sticky note** on the front door to remind you!

Let us know if these tips helped you! Number 2 is what does it for me!

We've got your back!

If you need any advice on water bottles, just send us a message! Tag us @reusableplanet on IG, FB or LinkedIn.

HOW TO AVOID PLASTIC WASTE ON-THE-GO

You're running late, you rushed out the door, and half way to your meeting realised **forgot** your [reusable water bottle](#) and your cardi. 🤦

Happens to the best of us. but don't worry... we've got your back!

Here's our **best tips** for avoiding plastic waste when out and about **without** having to choose between dehydrating or killing the Planet!

🌱 It works for the royals! Have a **spare!** Keep an extra water bottle in your car, at the office, on your desk

🌱 Use **Tap**. In Australia, most of us have access to the highest quality drinking water! There is no health advantage to drinking bottled water. In fact, the opposite in many cases.

🌱 Use **Bubblers**. Many Local Governments have installed excellent water refill stations in parks and public spaces that support bottle refills, drinking fountains and doggy water bowls! Most Shopping Precincts have them, too.

🌱 If it's not too long, **wait** til you get home or back to the office to hydrate.

🌱 Ask your **local café** for a glass of tap water and spend that money on a muffin (on a plate) while you're there! You deserve it, and you're supporting small biz to boot!

🌱 Go **plastic free!** If you absolutely, positively, have to buy bottled water, opt for a glass or aluminium bottle if you can!

🌱 If as a **last resort** you can only buy a plastic bottle of water or die of dehydration, make sure that baby ends up in the **recycle** bin and hope it's one of the **20%** that will get recycled.

🌱 Consider picking up two more plastic bottles you encounter in the environment and add with yours to the **recycle** bin.

🌱 Don't forget... It takes **3.L of water** and **250ml of oil** to make 1L of bottled water, and Australia's bottled water is the most expensive in the world!

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DO YOU HAVE THE RIGHT WATER BOTTLE FOR THE JOB?

It's no good saying you have to lug a water bottle with you everywhere you go to reduce single use, if it's not **practical** for you and doesn't do the job.

So here's some pointers to ensure you get the **right** drink bottle for you!

FIND YOUR WATER BOTTLE BESTIE

Firstly, work out when you **most** use a water bottle... Is it at work or for hiking? Practicing footy around the oval, or trips in the car? Beside the yoga mat or out jogging? Do you want a sipper or a gulper, or is it for the kids?

PLASTIC: This is generally the plastic bottle you got for free at some conference or event or lucky dip with some brand name on it.

We're not a fan, but they have their place. Better than single-use! Great for when you need something light that can get thrown around, like **sports practice** or **jogging**, and a drink fountain won't be available.

Just use caution. Ensure '**BPA Free**' is written on it somewhere. Ensure you **refresh** its contents often, and definitely don't leave it sitting in a hot car for days on end. Chemicals from plastic can **leach** into food and liquid, and exposure to heat helps this along.

Plastic drink bottles are no good for hot drinks.

GLASS: This is what I have in my **car**. It's great when I get thirsty on short trips and also acts as a **spare** if I head out and forget mine.

It's made with borosilicate glass, which is tougher and lighter than regular glass. This doesn't mean it won't break if you leave it on your car roof and drive off, but it is resilient.

It is perfect for the **car** or on your **desk** because the glass won't leach any chemicals or taste into your water, unlike plastic.

Glass can hold hot drinks, but you'll want to ensure you have one with a silicone or other protective sleeve.

STAINLESS STEEL: Stainless steel is a **100% recyclable** scrap metal, so tick!

Newer styles don't have any plastic on the lid that touches any liquid, so look out for that.

Get a double wall **insulated** bottle if you need your drink to stay cold (or hot) for any significant period. A **single** wall drink bottle is lighter and is fine for every day use.

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Avoid cheaper metal bottles. Look out for bottles made from **18/8 food-grade** stainless steel. They don't contain any BPA and are completely **toxin free**, easy to sterilise and won't leach any taste into your beverage.

A good quality stainless steel drink bottle is extremely **durable** and will last you an average of 12 years.

SIZE: The average drink bottle holds 500ml, but they come in a range of sizes. 350ml bottles will suit smaller kids or slimline bottle versions.

A 500ml to 750ml bottle will keep you hydrated for work or a day out. Grab a 1 litre for strenuous exercise sessions, and 1.5 litres and more are great for sharing at picnics, camping or a day of hiking.

MECHANISM: You might not think about this at the time of purchase, but it's a good idea to have in mind what type of drinking mechanism you require. Most will just be 'gulpers' that you remove the lid and tip to your lip like a glass.

But if you're an endurance runner, you might prefer just small sips while on the run, so a **sipper** with a **straw** might be more suitable. This is also a good option for smaller kids or people with special needs, who may struggle with one they have to tip up.

And you might not want to bother with unscrewing the lid each time you want a sip, so you can also get lids that just pop up open, like a **sports bottle**.

And if it would be handy for you, some styles also come with a built-in carry handle for easy toting.

CARE: Whatever type of bottle you use, make sure you **freshen** it **regularly** and wash it with soap and hot water at least weekly, especially if you're a backwash champion!

(NB: most kids are backwash champions)

(P.S. don't share your drink bottle with kids lol)

Every now and then give your drink bottles an overnight soak in a bicarb solution with boiling water (or cold water for plastic) along with your food flasks, before washing and rinsing.

💧 Don't forget... It takes **3.L of water** and **250ml of oil** to make 1L of bottled water, and Australia's bottled water is the most expensive in the world!

Thanks for being a Change-maker! Until next time, Eco Warrior!

Rachel,
Prolific Reuser & Plastic Waste Reducer



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