

# MAKE TAP WATER YOUR GO-TO: DRINK, REFILL, REPEAT

## IT'S LOCAL!

Fresh water is sourced and treated locally for you to drink.

71% of the earth is covered with water, and 2.5% of the Earth's water is fresh.

In Chatham-Kent we are surrounded by lakes and rivers filled with fresh water. We get our water from three sources...

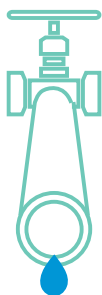
Chenal Ecarte  
Ground Water



Lake Erie



Chatham-Kent Public Utilities Commission treats these sources of water by screening, settling, filtering, and disinfection. After treatment the water is pumped to a tower.



Safe and fresh water then makes its way to your home when you need it!

## IT REDUCES WASTE

Every time you choose tap water over bottled water, you are making a better choice for our environment.



Drinking tap water from one reusable water bottle

VS.



Drinking four 500ml bottles of store-bought water a day amounts to 1460 disposable, plastic containers a year, per person (to meet your daily fluid requirements you need to drink about 2 litres a day)



1460 stacked 500ml bottles = about the length of 3 soccer fields



## IT'S BETTER FOR YOUR BUDGET

Litre for litre, tap water costs you much less...

88 cents/year



\$204/year



\$660/year



Municipal tap water costs 88 cents per year for one person's fluid requirements.

Store-bought water costs more than tap water. It can cost at least \$204 per year, for 2 litres of bottled water a day.

Litre for litre, sugar-sweetened beverages, like pop, can cost 750 times more than tap water. That would be \$660 per year for 2 litres of pop a day. *Yikes!*

## IT'S BETTER FOR YOUR HEALTH

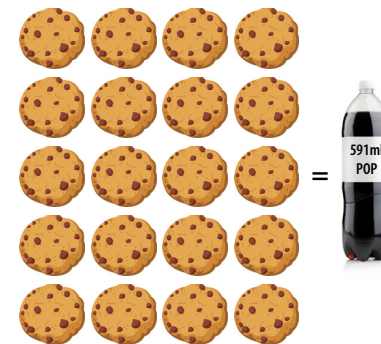
Your body is made of water and needs water to work.



Water contains...

- 0 Calories
- 0 Sugar
- 0 Additives
- 0 Caffeine

One regular pop (591ml) has the same amount of sugar as 20 chocolate chip cookies.



Higher sugar intake = increased risk of...



- Dental cavities
- Heart disease
- Development of type 2 diabetes
- Certain types of cancer

## IT'S MORE CONVENIENT

Tap water is everywhere.

Get it at:

- Home
- Public fountains and filling stations
- Blue W organizations and businesses in the community (mapped on blueW.org)

Water:  
Drink  
Refill  
Repeat

W

Free water bottle refills  
blueW.org



Bring your reusable water bottle with you everywhere!

