



**R**ecycling and  
**E**nvironmental  
**A**ction  
**P**lanning  
**S**ociety

# Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

## GREEN TIP #41:

### Tap that

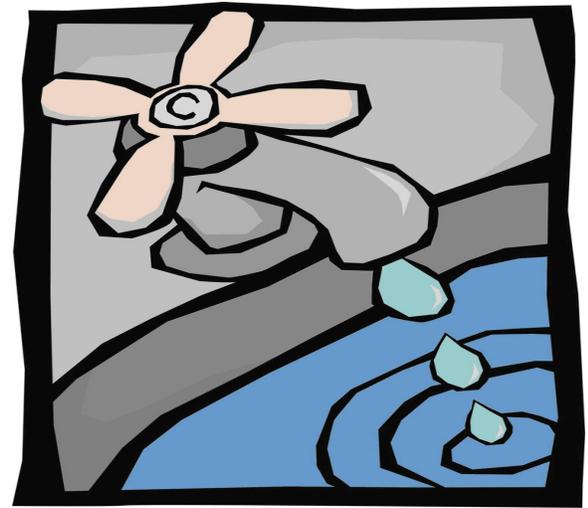
Is it's convenience worth it's environmental impact? We all live busy lives and it's much more convenient to go buy a bottle of water instead of bringing one from home and filling it with tap water. All of us have our own reasons why we chose to drink bottle water over tap water whether it's more convenient, you don't like the taste of tap water or you think bottled water is better for your health. There is no reason not to drink tap water unless you are told otherwise from a doctor or the water is unsafe to drink.

BPA (bisphenol A) is a chemical used in the plastics industry to make hard plastics such as water bottles. BPA can affect the brain, female reproductive system and immune system. BPA leaches into water and a much faster rate when the water bottle is exposed to heat such as sitting in the sun or a hot car. We can avoid BPA in our water by using aluminum, glass or BPA-free water bottles.

If you don't like the chlorine taste that comes along with tap water this is easily fixed, all you need to do is fill a pitcher full of tap water and then leave it fridge for a few hours and the chlorine will be gone. Tap water is actually fresher than bottled water because bottled water normally sits on a shelf for weeks or even months before it is consumed while tap water only stays in the supply system for 1-3 days.



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### Bottled and Tap water facts

- Bottled waster is 10000 times more expensive than tap water making it more expensive than gas
- One quarter of bottled water sold in Canada is actually reprocessed tap water
- Studies have shown that no North American bottled water is safe or better for your health than tap water
- Prince George has some of the best tap water in BC

*Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!*