Opinion: We need to stop drinking bottled water

By Annie Leonard, EcoWatch

Thursday was Use Less Stuff Day. It was created to inspire us to rethink the stuff we use. All our stuff—cell phones, clothes, cars, disposable chopsticks, and on and on—comes from somewhere and has to go somewhere when we throw it out. That takes a big toll on the planet, so thinking about how to use less is an excellent idea.

I've written a bunch about the real need to re-think our approach to the holidays and the mad shopping frenzy that comes with them.

When it comes to how we do spend our dollars, the product that jumps immediately to mind as obscenely wasteful, expensive and easily preventable is bottled water.

Let's dig a bit deeper into this. It's true that in some parts of the world the water quality is so poor that it's unsafe for people to drink. There are definitely some places in the U.S. where fracking or petrochemical plants have ruined the local water supply, but even then there are better solutions than forcing the community to buy bottled water. For the most part, tap water in the U.S. is clean, readily available and thousands of times cheaper than the bottled stuff.

Read the whole story