Sherborn Recycling Committee
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Plastic “Disposable” Water Bottles

An important thing to think about, heading into the sports season, is water, and how we give it to our kids.

We are lucky to live in a town where the water is supplied by wells. It's healthy, plentiful, and it tastes good! Yet many of us have gotten into the habit of buying water for our kids (and for ourselves) in individual bottles. Sometimes this water (Fiji, Evian, San Pellegrino) is shipped thousands of miles from overseas (Nadi, Fiji Islands, France), which creates a large carbon footprint. Add to that the resources used in making the plastic bottles, the energy used and the pollution generated from their production, and the added energy use and pollution that is inevitable in their recycling (or, worse, the pollution caused by their disposal) and you have expanded that carbon footprint beyond Godzilla's.

But this isn't the only thing we should be concerned about. Some of the chemicals used in plastics, Phthalates, bisphenol-A, and BPA, have been shown to cause birth defects, hormonal disruption, obesity, and cancer in laboratory animals. There have been numerous studies of these chemicals over the past 10 years, and, depending on whether you are reading the reports generated by the plastics manufacturers, the National Geographic, the Centers for Disease Control and Prevention, or the various organizations conducting independent studies, you will read varied opinions on the dangers posed to humans by these chemicals. On thing is indisputable, however. These chemicals, which do not occur naturally in humans, are now found in significant levels in people of all ages and in every corner of this country - even in the cord blood of newborn babies.

Never re-use or heat or freeze water in "disposable" water bottles (the clear ones your bottled water comes in). Increased leaching of phthalates has been confirmed with each consequent use, and heating and freezing water in the bottles actually draws the chemicals out.

Refilling “disposable” water bottles has been proved to be a practice that increases the bacteria clinging to the inside of the bottle.

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