

## Take Action

- 1. Learn more:** find out how you can get involved at [environmentaldefence.ca/turntheplastic tide](http://environmentaldefence.ca/turntheplastic tide).
- 2. Refills, not landfills:** take back the tap and use refillable water bottles instead of bottled water.
- 3. Put a price on plastic pollution:** help fight plastic waste by supporting a deposit return program for plastic bottles in Ontario.

## Join Us

#turntheplastic tide

 [facebook.com/environmentaldefencecanada](https://www.facebook.com/environmentaldefencecanada)

 @envirodefence

Sign up for our water e-newsletter  
[environmentaldefence.ca/newsletter](http://environmentaldefence.ca/newsletter)



Water bottle companies take our water and sell it back to us at 270,000 times the cost they paid for it.

Tap water is tested regularly but water bottling plants are only inspected approximately once every three years.

Bottled water takes 2,000 times more energy to produce than tap water.

2.4 billion litres of bottled water are sold in Canada every year.

Half of the plastic bottles sold in Ontario are not recycled. Instead, they end up in landfills or in the environment.

Plastic bottles don't really decompose. They just break down into smaller toxic pieces that move up the food chain if they are eaten by fish and wildlife.

There are more than six million bits of plastic per km<sup>2</sup> in our Great Lakes. That's enough to rival the Great Pacific Garbage Patch.

**Bottled water is a big business in Canada.**

But its cost on the environment and your wallet is even bigger.

**Here's the real price of bottled water:**

