

January 2023

Wellness Committee Newsletter



Environmental Impact:

Many of us know that the ocean is being affected by water bottles, but how? Well, plastic water bottles take oil to produce and are nearly impossible to get rid of, which is exactly why we have the garbage patches in our oceans. Plastic just doesn't go away easily. They affect our marine life too. Millions of our turtles, fishes and other marine species will die from this plastic in our ocean due to them either ingesting plastic or getting entangled in it.



Reusable Bottles Good for the Environment:

Choosing reusable water bottles over plastic bottles promotes a healthy environment. Reducing plastic water bottles in the environment will decrease plastic in landfills, oceans, streams and other places where you may find plastic waste. It is up to us all to keep plastic out of our landfill and ocean.



How you can get started at home:

Not all reusable water bottles are the same. Be careful when you get a reusable water bottle made of a material other than plastic because even plastic reusable water bottles require the production of oil. A great option is a stainless steel reusable water bottle, plus it will help you stay hydrated!