

March 2023

Wellness Committee Newsletter



Financial Impact:

The average American buys 167 disposable plastic water bottles, which is roughly costing you \$266 per year. We are only recycling 23% of these plastic bottles, so we are creating more waste that could harm our environment.



Save Money with Reusable Water Bottles:

Reusable water bottles save you money while keeping you hydrated and healthy. The average American can save \$1,236 per year if they switch to using a reusable water bottle instead of buying plastic water bottles.



How you can get started at home:

Investing in a good water bottle can help you eliminate the need to spend money on plastic water bottles. Find a water bottle that will allow you to keep your water cold over time like a hydro flask or a stainless steel bottle.

A tip to also help you drink out of your reusable water bottle is to add some fruit, like strawberries, lemons or some cucumbers.