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# Ditch the plastic

AS the mercury starts to soar, there's a call for Australians to ditch expensive, unfashionable and potentially dangerous plastic bottled water in favour of non-toxic, reusable alternatives.

Ash N Juls founder Ms Pei-Shan Wu says many mass-produced plastics are manufactured using the compound Bisphenol A (BPA).

Ms Wu said BPA was known to migrate into and contaminate food and water stored in plastic containers, increasing the risk of serious health problems such as certain cancers and diabetes, and decreasing fertility.

"As a nation, we are taking some really positive steps to curb our behaviours. We've seen entire suburbs and schools ban bottled water and free public drinking fountains with filtered water are finally being reinstalled in popular locations," Ms Wu says.

National Water Week (October 17-23) is a great event for individuals to change their water-drinking habits.

"There are cheap and funky alternatives like taking a reusable stainless steel bottle with you when travelling or seeking out BPA-free plastic containers," Ms Wu says.



"Over time this will save you huge amounts of money, the health of you and your family, plus you'll be reducing your carbon footprint," she says.

Consider these facts:

- Blind tests show we can't tell the difference between tap and bottled water, so why do we waste about \$500 billion a year on bottled water?
- Drinking one bottle of water has the same environmental impact as driving a car for a kilometre.
- Tap water costs about \$2 for 1000 litres yet many bottled water brands charge more than that for one litre.
- It takes 10 litres of water to make a 1 litre disposable plastic water bottle with about 200 millilitres of crude oil going into its production, packaging, transportation and refrigeration.

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