

CHOOSE TAP - Fast Facts

- Plastic never biodegrades, it breaks up into smaller and smaller pieces, gradually turning our waterways and oceans into 'plastic soup' (Source: Clean Up Australia)
- Waterway litter is extremely harmful to wildlife that become entangled or mistake litter for food, resulting in injury or death (Source: Clean Up Australia)
- Bottled water production makes 600 times more CO₂ than tap water (Source: Cool Australia)
- One bottle of water has the same impact on our environment as driving a car 1km (Source: Cool Australia)
- Drink container recycle rates for Australia (excluding South Australia) are less than 40% (Source: Cool Australia)
- It takes 8 years to recoup the cost of a bottle of water by refilling the bottle with tap water (Source: Cool Australia)
- 'Australians spend over \$600 million a year on bottled water, a product that costs 2000 times more per litre than tap water' (Source: Cool Australia)
- About 50% of plastic bottles end up as landfill or litter (Source: Australian Packaging Covenant)
- 40,000 pieces of plastic can be found in every square kilometre in Australian Waters (Source: Healthy Waterways)
- Plastic bottles are among the ten most common rubbish items picked up on Clean Up Australia Day (Source: Clean Up Australia)
- Australian tap water is world standard drinking water so it is the safe, cheap and sustainable option. (Source: Clean Up Australia)
- It takes up to seven litres of water and one litre of oil to produce one litre of bottled water. (Source: Cool Australia)
- A recent News Limited taste test had 68% of us liking the tap water better than bottled water. Around 20% couldn't pick a difference. (Source: Cool Australia)
- Tap water has 1 per cent the environmental impact of bottled water. (Source: Cool Australia)
- Australians drank 115 Olympic swimming pools worth of bottled water last year (2015). (Source: Cool Australia)
- Discarded drink bottles account for 38 per cent of the total rubbish volume. (Source: Cool Australia)
- The average cost of a litre of tap water in Australia .001¢ (Source: Cool Australia)
- The average cost of a litre of bottled water in Australia is \$2.83 (Source: Cool Australia)
- The average Australian drinks 14 litres of bottled water per year. (Source: Cool Australia)
- Australians buy 118,000 tonnes of plastic drink bottles a year. (Source: Cool Australia)
- Bottled water is pumped out of the ground, packaged, transported and chilled before it gets to us. This creates over 60,000 tons of greenhouse gases a year in Australia alone. (Source: Cool Australia)
- The manufacture and transport of the plastic bottles for all this water requires over 460,000 barrels of oil. (Source: Cool Australia)
- Less than 40% of these bottles are recycled; the balance ends up in landfill or in our waterways. (Source: Cool Australia)
- Recycling just one bottle saves enough energy to power a television for 90 minutes. Recycling makes a big difference; the more we recycle the less raw materials we use. (Source: Cool Australia)

- Where all this does bottled water come from? Clean, peaceful rivers and bubbling mountain brooks as depicted on the bottles? Not so much. It's mostly bore water pumped from the ground at almost zero cost. (Source: Cool Australia)
- Water makes up 50-80% of your body weight, depending on lean body mass. (Source: VicHealth)
- Water is an essential nutrient which hydrates your body. (Source: VicHealth)
- The amount of water a person needs depends on factors such as exercise, humidity and body size. As a guide, around 6 – 8 cups of water per day is recommended for adults. (Source: VicHealth)
- Drinking water is important for kidney health. (Source: VicHealth)
- Drinking water throughout the day and staying hydrated helps concentration. (Source: VicHealth)
- Tap water contains fluoride which is beneficial for healthy teeth. (Source: VicHealth)
- Drinking tap water instead of sugary drinks can help reduce your risk of tooth decay. (Source: VicHealth)
- There are zero kilojoules in tap water. (Source: VicHealth)
- Drinking tap water eliminates the need for plastic packaging. Filling a reusable water bottle from the tap reduces the amount of plastic bottles that contribute to land fill each year. (Source: VicHealth)

In the Port Macquarie-Hastings area, **Water Refill Stations** provide access to free drinking water at the following locations:

◆ Port Macquarie	◆ Wauchope	◆ Camden Haven
<ul style="list-style-type: none"> ◆ Town Green ◆ PMQ Skate Park, Town Beach ◆ Rotary Park ◆ Westport Park ◆ Wayne Richards Park ◆ Settlement Point Reserve ◆ Town Beach ◆ Oxley Beach ◆ Rocky Beach Lookout ◆ Shelly Beach ◆ Flynns Beach ◆ Lighthouse Beach Road ◆ Lighthouse Beach ◆ Sea Acres 	<ul style="list-style-type: none"> ◆ Cowarra Dam Picnic Area ◆ Bain Park ◆ River Park Boardwalk/Hastings St 	<ul style="list-style-type: none"> ◆ Rainbow Beach, Bonny Hills ◆ Foreshore Reserve, Lake Cathie ◆ North Haven Reserve

<http://www.pmhc.nsw.gov.au/Services/Water/Choose-Tap>