



## WATER HAS LIGHTEST ENVIRONMENTAL FOOTPRINT AMONG PACKAGED DRINKS

Excerpts from *Environmental Life Cycle Assessment of Drinking Water Alternatives and Consumer Beverage Consumption in North America,*"

To better understand the environmental impact of bottled water and other beverage options, including tap water, filtered tap water, reusable containers, sports drinks, and soda, Nestlé Waters North America commissioned a first-of-its-kind beverage life cycle assessment (LCA).

Key findings of the study include:

***Water in all its forms is the best beverage option for the environment.***

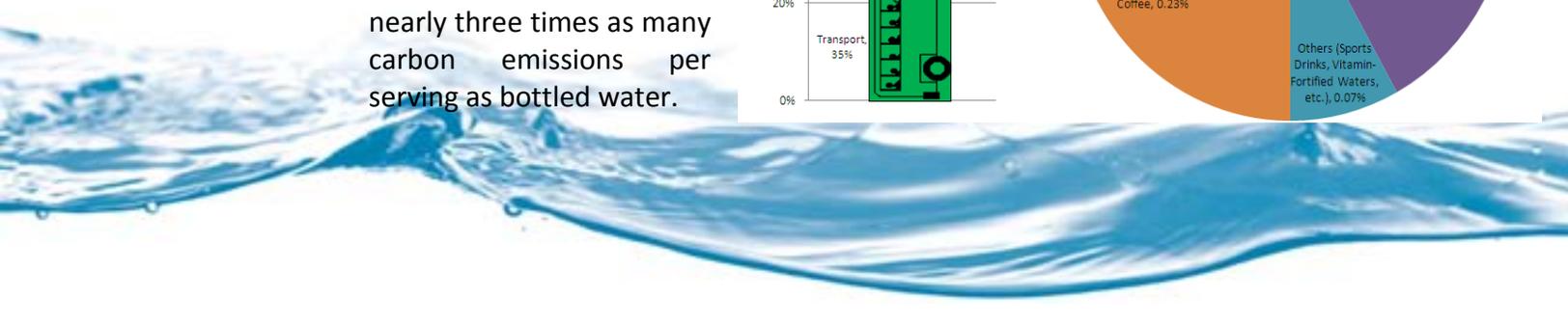
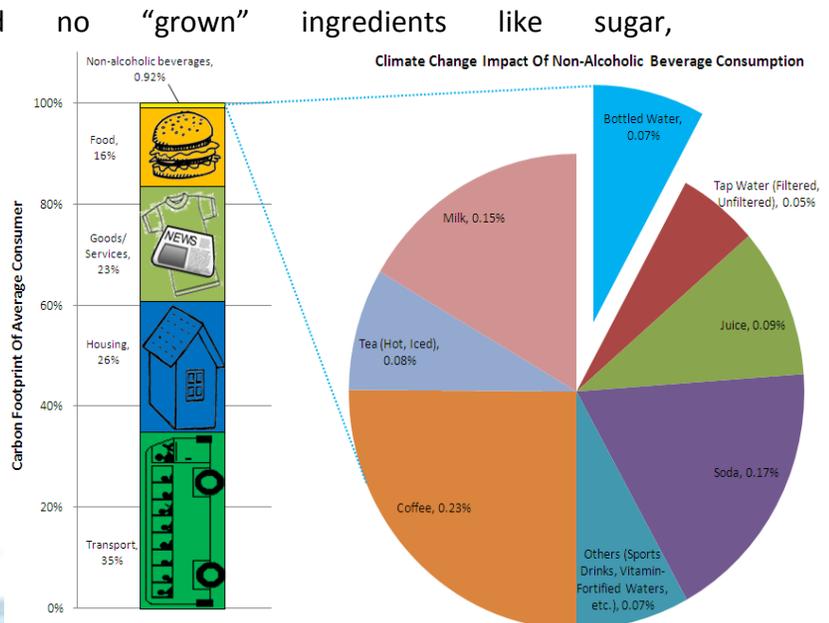
- Whether tap, bottled or filtered, water is the least environmentally impacting beverage.

***When it comes to packaged beverages, bottled water has the lightest footprint.***

- Bottled water represents **less than one-tenth of one percent** of an average consumer's overall environmental footprint.
- Every time people choose bottled water instead of a packaged beverage such as soda or juice, they lighten the environmental impact of their beverage consumption.

- With lighter packaging and no "grown" ingredients like sugar, bottled water has the lightest environmental footprint of all the packaged beverages analyzed in this report.

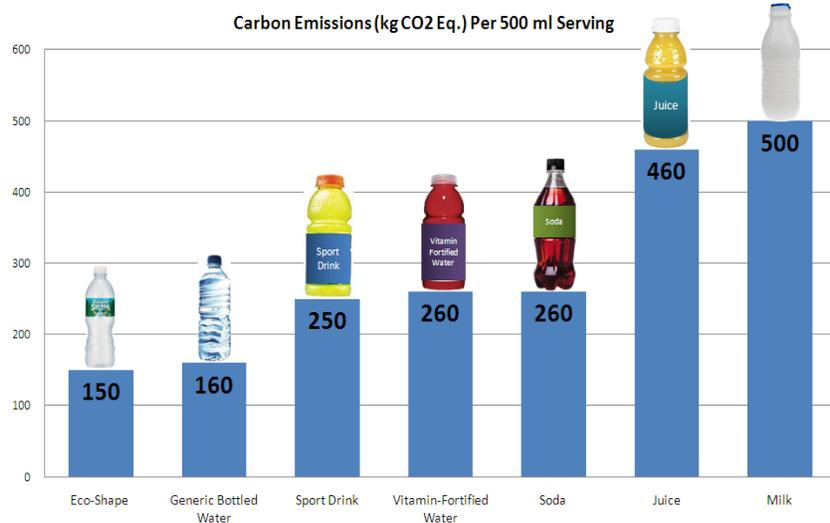
- Sports drinks, enhanced waters and soda produce nearly 50% more carbon emissions per serving than bottled water.
- While juice and milk provide health benefits, they and beer produce nearly three times as many carbon emissions per serving as bottled water.





- **Removing bottled water as a packaged beverage option is the wrong move for the environment and for health.**

- If bottled water is not available as a beverage option, non-water packaged drink choices are not only more calorie-intensive, they're more carbon-intensive.



- While one-third of people will turn to tap water, which has a lighter environmental footprint, two-thirds of consumers will choose other packaged beverages with heavier environmental footprints if bottled water is not available, according to Nestlé Waters' research, which is referenced on p. 20 of the report.

- The City of Toronto, Canada ultimately decided not to ban bottled water in its schools after testing and confirming that students turned more to sweetened drinks than to tap water.

### ***WATER IS THE BEST BEVERAGE CHOICE FOR HEALTH***

- According to the Centers for Disease Control, 67% of American adults are overweight or obese, and one out of every three children born after 2000 will be diagnosed with diabetes at some point in their lives.
- American adults consume 450 calories a day from beverages, up about 100% from 40 years ago.
- Experts say consumption of sweetened beverages like sports drinks, fruit juice and especially soda may be a key contributor to the nation's obesity epidemic.
- Some studies suggest drinking water instead of sweetened drinks may actually help people lose weight.

*For more information on the life cycle analysis, please visit [www.beveragelcafootprint.com](http://www.beveragelcafootprint.com) or [www.nestlewatersnorthamerica.com](http://www.nestlewatersnorthamerica.com).*

