

NWT HEALTHY COMMUNITIES Toolkit

*Water. It's the source
of life.*

It's the principal chemical component in our bodies, and it makes up 60% of our body weight! It is essential for us to drink clean, safe water to remain healthy. Water is also the life-blood that flows through the diverse landscapes we call home in the NWT. In our communities, we are fortunate to have access to clean, safe drinking water – from the tap.

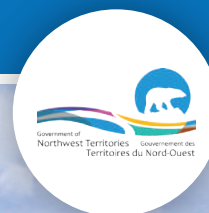
Yours is better!

The two most popular brands of bottled water in Canada, Dasani (Coca-Cola Company) and Aquafina (Pepsi Cola Company) are made from municipal tap water. These companies make a huge profit by withdrawing tap water from the municipal system, filtering it, and then selling it back to residents at a price hundreds of times more expensive than tap water.

Be proud of the awesome drinking water you produce!

Drop the Water Bottle

DRINK TAP WATER



There is more in the Water Bottle than you think...

Health Concerns

Single-use water bottles in the sizes 300 mL to 1.5 litres are made from PET (polyethylene terephthalate) plastic that uses petroleum as a feedstock. PET plastic has been found to release chemical contaminants into the water in water bottles, including endocrine-disrupting chemicals and the metal antimony.

The large 18 litre water jugs used in office coolers are made from polycarbonate, which contains bisphenol-A (BPA), an endocrine-disrupting chemical which is of concern because of its potential impact on reproduction and child development.

Testing of bottled water is less stringent than for tap water. Bottled water is tested less frequently and there is less enforcement of testing requirements.

Bottled Water Creates Waste

Although, the NWT has one of the higher beverage container recycling rates in Canada, it still means that single-use water bottles end up in local landfills. Even when water bottles are recycled, they usually end up as carpets, fabrics or other materials that don't get recycled again – instead of as new bottles.

A Costly Beverage

A typical price for a 1 litre bottle of water in the NWT is \$2.00-\$2.75. This is more expensive than gasoline or diesel fuel. Tap water in the NWT typically costs less than \$0.01 per litre.

Why would you import and pay for transportation on something you make locally?

NWT Drinking Water is some of the best in the World!

Safe. Inexpensive. Local.

Safe

To make water safe for drinking, each NWT community has a water treatment plant that is designed for local conditions and is managed by a water treatment plant operator. Tap water in each NWT community is rigorously tested according to Guidelines for Canadian Drinking Water Quality to make sure that it is safe for drinking. Testing requirements for tap water are more stringent, frequent and strongly enforced than testing requirements for bottled water.

Inexpensive

Tap water in NWT communities costs less than 1 cent per litre. Bottled water costs hundreds of times more than this. The money we pay for tap water goes towards the costs of drinking water treatment, transportation and wastewater treatment and management.

Local

NWT communities draw water for drinking from a source that is close to the community. Some communities get their water from a nearby river or lake, and a few use water from deep in the ground.



Think Outside the Bottle:

In Council Chambers:

- Adopt the Drop the Water Bottle – Drink Tap Water Policy (see attached sample).
- Make pitchers and glasses or re-usable water bottles available in Council Chambers
- Consider installing a water fountain and bottle refill station
- Designate Re-usable water bottles as your community promotion item.
- Visit your water treatment plant and learn more about how it operates
- Let your community know that you are proud of the water and the staff who produce it.
- Have a “Bottled Water Retirement Party” to launch your campaign
- Promote access to tap water in various community facilities. Encourage business to do the same (see attached poster).

At Town Hall / Band Office:

- Provide staff with re-usable water bottles
- Make pitchers available to chill water in the office fridge
- Consider installing a water fountain and bottle refill station
- For catered meetings, specify that you do not want bottled water

At Recreation Facilities:

- If you have group that you are obliged to provide bottled water for (i.e. performers) instead provide them with re-usable water bottles and access to tap water.
- Consider installing water fountains and bottle refill stations
- For catered meetings, specify that you do not want bottled water. Provide re-usable water bottles or glasses and pitchers.

At Special Events:

- Set up an outdoor water fountain and bottle refill station
- Consider purchasing water pitchers and cups to be used at special events





NWT Residents Take Action to Turn on the Tap!

On June 1, 2009, the NWT Legislative Assembly 'dropped the pop and ditched disposable bottles'. The Legislative Assembly will not sell, purchase or distribute bottled water or pop, including at catered meetings and public functions. (For more information please see the Drop the Pop & Energy Drink SMP and Sample Policy)



Idea:

Sell re-usable bottles in the concession, at the front desk for rec complexes and town hall and in vending machines for later fill-up!



For more information on Water Bottle Removal Campaign and NWT Drinking Water:

ECOLOGY NORTH | INFO@ECOLOGYNORTH.CA | 867-873-6019

[HTTP://ECOLOGYNORTH.CA/WP-CONTENT/UPLOADS/2015/09/BEHIND-THE-BOTTLE-WATER-BOTTLE-INFO-SHEET-2009-PUBLICATION.PDF](http://ecologynorth.ca/wp-content/uploads/2015/09/BEHIND-THE-BOTTLE-WATER-BOTTLE-INFO-SHEET-2009-PUBLICATION.PDF)



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WATER BOTTLE REFILL STATION

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Section/Number: Healthy Eating – 07	Approval Date: (DD/MM/YY)
Subject: Drop the Water Bottle – Drink Tap Water Policy	Amendment Dates:
<p><u>Policy</u></p> <p>People like making healthy choices that are also environmentally friendly and save money. By banning the sale of bottled water in retail and vending machines operated by <u>Community Government Name</u>, the community is making an environmentally responsible choice while providing clean, safe drinking water out of the tap.</p> <p><u>Community Government Name</u> will ensure safe, clean drinking water is available and accessible through tap, fountain or water coolers at all community government buildings for community members, employees and visitors. The <u>Community Government Name</u> will no longer retail/provide bottled water in the retail outlets, vending machines, functions and fundraising events.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Bottled water consumes a significant amount of non-renewable fossil fuels to extract, package and transport water creating unnecessary air quality and climate change impacts.
2. It takes about three litres of water to manufacture a one litre plastic bottle of water.
3. Bottled water companies use municipal water and groundwater sources when a growing percentage of Canadian municipalities have faced water shortages in recent years.
4. Although bottled water is distributed in a container that can be recycled, between 40% and 80% of empty bottles end up as litter and/or are placed directly into the garbage and take up unnecessary space in landfills.
5. Tap Water is safe, healthy, highly regulated and accessible to community members, employers, employees and visitors and more sustainable than bottled water.
6. Given the high cost of transportation in the NWT, the Community Government Name should not be required to pay transportation costs to ship bottled water when it is readily available in the community.
7. The NWT has some of the most pristine source water in the world.
8. The Community Government Name is proud of “our” safe and healthy water and “our” employees who are so dedicated and committed to delivering it to our residents.
9. The Community Government Name will phase out the sale and purchase of bottle water at our own facilities where appropriate and where potable water is available.
10. The Community Government Name will no longer provide bottle water at any meetings, community functions or fundraising events.
11. The Community Government Name will make re-usable water bottles available for sale at Town Hall and the Recreation Complex.
12. The Community Government Name will take advantage of awareness campaigns about the positive benefits and quality of municipal water supplies.

Attachments:

Drop the Water Bottle – Drink Tap Water SMP

The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy

The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy

Drop the Pop and Energy Drink - SMP

Healthy Eating at Community Events - SMP

References

<http://ecologynorth.ca/wp-content/uploads/2015/09/Behind-the-bottle-Water-Bottle-Info-Sheet-2009-publication.pdf>