

October brings with it cold weather and the comforts of tea, hot cocoa or coffee. **That's why we encourage you to BYOB this October**—bring your own reusable bottle and/or mug, that is!

Refill your re-usable water bottle instead of buying bottled **just 50 times** and you've already had a positive impact on the planet!<sup>1</sup>

>> **Send a "mug shot"** featuring you drinking out of a mug (or bottle) to [sustainability@harvard.edu](mailto:sustainability@harvard.edu). We will post the photos in an album online, and the most creative entry will win a prize!

## BYOB to Save Money and Reduce Waste

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- **Get green on the go:** Carry a travel mug to get discounts at all HUHDS and most other cafes, and bring your own mug to work
- **Filter it:** Does your office use a bottled water system? Consider replacing it with a filtered system (which also usually costs less). Learn more through our [Green Office program](#)
- **Last but not least,** don't forget to [send your mug shot to sustainability@harvard.edu!](mailto:sustainability@harvard.edu)

## What Harvard is doing

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**The Freshman Green '14 Program** gave out reusable thermoses to each of the 1,300 freshman who attended last month's [Green Brain Break](#) in Annenberg.

**Harvard School of Public Health Sebastians Café** [no longer sells bottled water](#)—adding up to over 52,000 bottles kept out of landfills per year!

**The Queenshead Pub** hosted a [Sustainability Beer School](#) highlighting draft (and local) beers last month, a great way to cut back on bottles entering the waste stream.

**FAS Faculty Council meetings** no longer offer bottled water—just water pitchers with compostable cups.

## Are you really better off without bottled?

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Making bottles to meet Americans' demand for bottled water requires more than **17 million barrels of oil annually**, enough to fuel some 100,000 cars for a year. To put it another way, the entire energy cost of the lifecycle of a bottle of water is equivalent, on average, to filling up a quarter of each bottle with oil.<sup>2</sup>

Tap water consistently performs the same as or better than bottled water in taste tests. Maybe that's because up to **40 percent of bottled water is actually just tap water**<sup>3</sup>—even though it costs about **2,000 times more!**<sup>4</sup>

**October is a great month to BYOB!**

## Helpful resources

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- Watch [The Story of Bottled Water](#)
- Read this [stainless steel vs. bottled water](#) life cycle assessment from the New York Times
- [Take Back the Tap](#)
- [Reducing Waste](#) from the National Resource Defense Council's [CO<sup>2</sup> Smackdown](#)
- [Corporate Accountability International's](#) Water Campaign
- [Running out of Water](#), a book review from the Harvard Gazette

## September Quiz Answers

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Congratulations to last month's Green Tip winners, Veronica Shi and Brendan Bartley, and thanks to everyone who filled out our recycling quiz!

1. Which of the following items CAN you recycle in single stream bins?
  - a. Napkins
  - b. Plastic plates and cups (#s 1-7)**
  - c. Styrofoam cups
  
2. After you finish a bottled drink, you should
  - a. Discard it in the nearest trash can
  - b. Remove the cap, tear off the label, and recycle the bottle only
  - c. Remove the cap, pour any beverage residue down the drain, re-cap and recycle both cap and bottle**
  
3. Which of the following items is NOT recyclable?
  - a. Aluminum foil
  - b. Plastic forks and spoons**
  - c. Pizza boxes

1. ["How Green is My Bottle?"](#) New York Times
2. [Bottled Water and Energy Factsheet](#), Pacific Institute
3. [The Story of Bottled Water: "Bottled Water: Pure Drink or Pure Hype?"](#) Natural Resource Defense Council
4. ["Take Back the Tap"](#) Report, Food and Water Watch, June 2007

