Greetings!

Why you should consider use of refillable water bottles

In this 21st Century, bottled water has been the go-to solution for safer and affordable drinking water in our homes, offices, restaurants, seminars and conferences among other places. Plastic has been commonly used for holding potable water because it is cheaper to produce, and therefore the ever-growing demand of plastic is unlikely to be abated anytime soon. Once the water has been consumed, the plastic is more often disposed in our bins and end up in either municipal landfills, dumpsites and eventually in water bodies such as oceans. It is quite unfortunate that a very small percentage is recycled yet plastic bottles are made of completely recyclable materials. Plastics do not decompose easily rather they photodegrade, in other words they break down into smaller fragments and toxins which end up polluting rivers, lakes, oceans and soil. The plastic waste also causes ingestion problems to marine life and other wildlife which can be fatal.

Due to the increasing risks of plastics in our environment, we have to think of solutions that are environmentally friendly. One of the solutions is the use of refillable stainless steel / aluminum water bottles. This week, we will describe for you the benefits of using refillable water bottles.
1. They are eco-friendly

By choosing to use refillable bottles to hold to your drinking water, you will have made an important decision that has positive impacts on the environment. Stainless steel bottles for instance are made of natural elements that can be recycled once that time comes when you want to do away with it. Below is an illustration of a stainless steel water bottle that you can use for carrying your water.

2. They are durable

These types of bottles have become the bottle of choice for many people who value durability of products that they use. Unlike plastic water bottles that break easily, stainless steel/ aluminium bottles do not crush even when they fall on a hard surface and can be used and re-used many times to carry that drinking water you will always want by your side to quench your thirst!

3. They can be used to carry both hot and cold water

When you decide to use stainless steel water bottle, you are guaranteed to have either cold or warm drinking water depending on which one you chose for your day. During hot sunny seasons,
you can fill your water bottle with cool drinking water while during cold seasons you can fill it with warm water to help you ‘survive’ the cold weather.

4. **They are safe for your health**

The use of plastic water bottles has been thought (after various research have been conducted) to have health risks because harmful chemicals are emitted from the bottle into the water causing health-related diseases such as cancer. When you make a decision to buy stainless steel bottle, you will have avoided health risks caused by chemicals leaching into the water that you drink.

5. **They can be washed in the dishwasher**

You can maintain the sanitation of your stainless steel bottle by washing it in a dishwasher or if you have no dishwasher by using hot water in your kitchen sink! This is one of the features that make it so desirable and popular, because unlike plastic bottle it does not melt or lose its shape when exposed to high temperature water.

Other desirable features that you might also be interested in include shape and color (see illustration below)

(Source: [https://thewirecutter.com/reviews/best-water-bottle/](https://thewirecutter.com/reviews/best-water-bottle/))

Making the shift from plastic to stainless steel water bottles has not been easy for individuals and facilities because of the high initial investment required compared to plastic. However, it is a decision that is critical for sustainable development; in other words development that meets the needs of present generation without compromising the needs of future generations. The good
news is that some of our eco-rated facilities and tour operators have already made this important shift and in this way they have made a decision that will go a long way to secure the future of our planet. We hope you have been enlightened through this article and we would encourage other facilities to think about introducing refillable water bottles in their operations.