

# THINK REUSABLE

By Hailey La Monte

It's time to **Think Reusable!** Single use products like tissues and plastic water bottles consume many resources to manufacture and dispose, and methods like recycling create pollution and contribute to global warming. To move towards a more sustainable planet, consider using products that can be reused again and again instead contributing to the cycle of buying and disposing. .

## Reusable Tip #4: Water Bottles

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Nowadays, single use plastic water bottles are widely used for convenience and concern over water pollution. We here in the Bay Area are fortunate to get our water from the Hetch Hetchy Reservoir in Yosemite National Park, which is the purest water in the world. Rather than spend money on disposable bottles, consider taking advantage of the tap water we have here by refilling a reusable water bottle. Glass and metal refillable bottles all help reduce the amount of plastic bottles disposed every year.

If you are still concerned about drinking tap water, you can use a water filtration system. They range in price, some you use like a water pitcher and some you can install into your faucet. Some water filter companies even send you free shipping envelopes to return your used water filters.



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EcoSangha is an organization founded by Reverend Don Castro of Seattle Betsuin and promotes ecology in the Buddhist sanghas. To be a Buddhist is to work towards helping those around us, and our planet. My Girl Scout Silver Award project, inspired by this movement, is to bring eco-friendly solutions to the San Mateo Buddhist Temple.

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**Think Reusable newsletters** are now on SMBT website under menu Get Involved  
If questions or Tip Ideas, please email to Hailey La Monte at [haileylamonte.aki@gmail.com](mailto:haileylamonte.aki@gmail.com)