



**BLACK WOMEN
FOR WELLNESS**



**ENVIRONMENTAL
JUSTICE**

At Black Women for Wellness, our Environmental Justice team is working towards water equity for South LA residents.

Water equity requires that everyone, especially those already overburdened, has water that is accessible, affordable, and of a high quality.

Check out BWW's "A Drinking Water Guide for South Los Angeles" for tap water insights, water filter information and resources.



bwwla.org/a-water-guide-for-south-la



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Bottled Water is **NOT** the answer

Bottled water is often lower quality than tap water!

- Plastic bottles release small fragments of plastic into the water.
- Studies show that 150 chemicals can escape from plastic bottles into your beverage, negatively impacting your health.
- Reports show that 67% of bottled water is actually just up-charged tap water.

*We recommend filtered tap water
& using reusable water bottles
(glass or stainless steel)*

Tips for picking out a water filter

- 1. Ask yourself: What contaminants are in my water?**
(this information should be in your utility's water quality report)
- 2. Select a suitable filter and follow instructions.**
Pitcher filters are usually affordable and convenient.
- 3. Enjoy, and remember to change the filter!**

Find more water filter advice & citations for the facts named here in BWW's water guide, QR code on reverse

