## **Tap Into Goodness**

## Mountain Fresh – Washington Tap Water is Safe, Tasty and Convenient More than 60 percent of your body is made of water. Your brain is more like 70 percent.

Water is vital to keeping us alive and healthy. Fortunately, in Washington State, water is easily accessible, safe and delicious to drink right from the tap. From our pristine mountains and streams, and from deep underground, comes tap water that is exceptional in taste.

The federal Environmental Protection Agency (EPA) has set standards for drinking water quality, which are outlined in the Safe Drinking Water Act. EPA oversees state agencies like Washington's Department of Health, which regulates our state's water suppliers. Water suppliers like (Utility name here) are responsible for meeting those standards. It's all part of the system that makes sure you can trust your tap water.

Every year, in fact, you are told exactly what's in your tap water. To make sure you know what's in your tap water, (Utility name here) mails you a "Consumer Confidence Report" – a complete report on the quality of your water. Watch your mail for a copy, usually between May and July. (Utility name here) is also required to notify you within 24 hours if something goes wrong that jeopardizes the safety of your water.

Note: If you want to avoid the taste of chlorine or other substances such as iron, you can use an inexpensive filtering system to improve the taste. Just be sure to protect your health by changing the filter as often as the manufacturer recommends. You can also improve the taste simply by leaving a pitcher of water in the refrigerator overnight.

And tap water is practically free for the drinking. Water is already available in your home; tapping into the convenience of fresh Washington water costs much less—up to 10,000 times less—than purchased bottled water.

As great as tap water is, there are times when you might want to choose bottled water, such as during interruptions of water service or when you can't get safe tap water.

All other times, you can feel confident that your tap water is safe to drink. Tap water is inexpensive, tested, tasty and portable. And it has no calories or artificial additives. So pour it into a reusable glass, plastic or stainless steel bottle, and drink in the goodness of pure Washington water.

