

# Fill Twice a Day, Throw Nothing Away

Tupperware Brands is committed to creating smart product solutions, such as the Eco Water Bottle, which supports healthy water consumption and promotes sustainable management of resources around the world.

## Smart Tips

### to save water

- Wash your fruits and vegetables in a Tupperware® bowl, instead of under a running tap, then use the water for your plants.
- Thaw foods in a Tupperware® container in the refrigerator instead of running under hot water.
- Reuse the water left over from your Tupperware® Smart MultiCooker base for a nutritious soup.
- Prepare one-dish recipes in the Super Sonic Chopper System and seal the base to store leftovers, eliminating the need to wash other dishes.
- Use the Tupperware® MultiCooker instead of boiling foods to use less water and retain more nutrients in your food.

Join our pledge for  
a greener planet at:  
[www.tupperwaregoodforlife.com](http://www.tupperwaregoodforlife.com)

## 10 reasons

to drink water from a Tupperware® Eco Water Bottle

### h<sup>e</sup>alth:

1. Regulates body temperature and eliminates toxins.
2. Decreases appetite and burns fat more efficiently.
3. Maintains stamina and reduces fatigue.
4. Allows body cells to better use valuable nutrients and minerals.

### o<sup>r</sup>ganization:

5. Saves space used for storing disposable bottles.
6. Saves time and effort spent for shopping and transporting disposable bottles.

### m<sup>o</sup>ney:

7. Saves you up to \$1,000 per year when drinking the recommended eight glasses of water a day from a Tupperware® Eco Water Bottle filled with tap water.

### e<sup>n</sup>vironment:

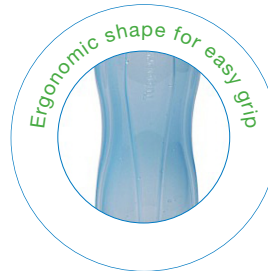
8. Helps prevent billions of disposable bottles that are not recycled from ending up in landfills and taking an estimated 1,000 years to biodegrade!
9. Helps save billions of barrels of oil used per year in the manufacture and transportation of disposable bottles for global consumption.
10. Helps lower energy consumption and keep millions of tons of carbon dioxide created by bottling water from increasing the world's "Greenhouse Effect."

# All about the Eco Water Bottle

Reusable and durable, Eco Water Bottles provide a sustainable and economical water solution, promoting a healthy lifestyle.

## Uses

- Carry it all day to remember your 64-oz./2 L minimum daily recommended water intake.
- Achieve your recommended daily water intake by drinking two 1-qt./1 L Large Eco Water Bottles.
- Ideal for storing water in the refrigerator or taking to work, school, the gym, around the house, traveling, on a picnic, etc.
- The Large Eco Water Bottle is also perfect for serving water at the table.
- Conveniently fits in backpacks and gym bags.



*Fill twice a day,  
throw nothing away!*