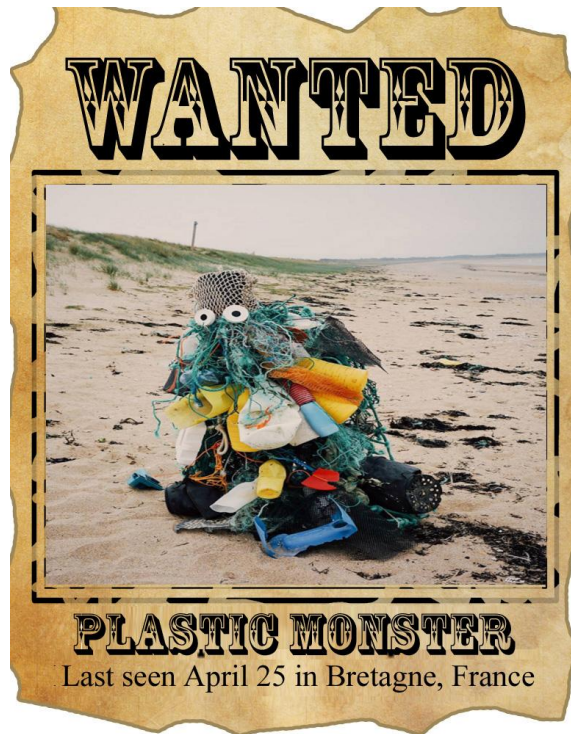




# TIP TUESDAY

A weekly guide to help you kick your plastic habits.



"Litter"-ally - the trash off the Jersey Shore could ride the gulf stream to France.

The beaches need **your** help! Be on the lookout for "The Plastic Monster" rumored to be making an appearance at the **31st Annual Spring Beach Sweeps on Saturday, April 30th from 9:00 am - 12:30 pm!**

***Did you forget to pre-register? It's not too late!***

**[Click here for a complete list of site locations and details on the Clean Ocean Action website.](#)**

**Reminder:** Volunteers should bring gloves, dress for the weather, apply sunscreen and wear closed-toed, hard-soled shoes.

**Reduce your plastic footprint while making a difference!**



Volunteers at 2015 Spring Beach Sweeps, Sandy Hook, NJ

***Join the Flock of Volunteers and Show Your Jersey Pride!***

*Tips on how to reduce your plastic footprint at the Beach Sweeps:*

<p><b>1. Wear Gloves</b> - Protect your skin from bacteria by choosing reusable gloves made from materials such as:</p>	<ul style="list-style-type: none"> <li>-100% cotton</li> <li>-Natural rubber/Nitrile rubber</li> <li>-Natural latex</li> </ul>
<p><b>2. Use Sunscreen</b> - If the sun is out, protect yourself with products that DO NOT contain microbeads. Try brands like:</p>	<ul style="list-style-type: none"> <li>-Bull Frog</li> <li>-Burt's Bees</li> <li>-Seventh Generation</li> <li>-The Honest Company</li> <li>-YES</li> <li>-AVEDA</li> </ul>
<p><b>3. Hydrate</b> - Most importantly, make sure you drink plenty of water while in the sun! Do not use a single-use plastic bottle. Use containers made from:</p>	<ul style="list-style-type: none"> <li>-Stainless Steel</li> <li>-BRITA filter bottle</li> <li>-Mason Jar w/Topper</li> <li>-Platypus Collapsible Soft Bottle</li> </ul>

***\*Reminder: Dress for the weather in appropriate layers - It's always cooler at the shore!***

***\* Take photographs and share them via social media using the hashtag #BeachSweeps***

**Support the  
Beach Sweeps!**



## Go Plastics-Free and end your plastic habits today!

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Ideas for or comments about Tip Tuesday? Contact Lauren: [communications@cleanoceanaction.org](mailto:communications@cleanoceanaction.org)

[Click here to donate](#)

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