

## Clean Ocean Action's ~10 Tips For the Kitchen~



- 1. Avoid disposable products** and invest in re-usable items such as containers, rags, and bags. If you must use disposable products make sure it is made from post-consumer recycled materials. Use and re-use wax paper and aluminum foil rather than plastic wrap and bags.
- 2. Comply with the law ~ recycle properly.** Contact your local Public Works Department to learn how to recycle properly in your town. Participate in Household Hazardous Waste Clean-Up Days. If possible, start a compost pile for your garden with household scraps. See COA's "10 Tips for Lawn and Garden".
- 3. Use alternative cleaners.** For dishes, use vegetable-based soap (such as Seventh Generation) rather than detergent. Avoid products that contain chemical disinfectants such as antibacterial triclosan or triclocarbon, which can contaminate water supplies. For dishwashers, try using 50% washing soda (sodium carbonate) and 50% Borax or a detergent with low phosphate content. Use white vinegar to clean mold, grout stains, windows, and mirrors. See COA's "10 Tips for Cleaning".
- 4. Check your labels.** The law doesn't require a list of ingredients on the label of cleaning products. Look for labels that have "No Petrochemicals", "No Chlorine", "Low Phosphates", and "No Ammonia". A clean, green, non-toxic kitchen is best for you, children, pets, and the environment.
- 5. Reduce plastics by using re-usable and recycled glass food storage.** Buy products that are sold in glass containers and re-use for food storage. Studies show that some plastic containers can leach chemicals into food which can cause health problems.
- 6. Use dish towels, cleaning cloths, and cloth napkins.** Cloth decreases your use of paper and can be used over and over. Use old t-shirts and towels as cleaning cloths.



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**7. Save energy** by using Energy Star qualified appliances, including dishwashers, refrigerators, microwaves, and conventional ovens. Run dishwashers and washing machines only when full. Air dry to reduce energy bills. Check out COA's "10 Tips for Energy Reduction."

**8. Don't put harmful chemicals down the sink.**

Decrease or limit your use of phosphates, which promote algae blooms in waterways that harm marine life. Instead, pour ½-cup baking soda down the drain followed by 1-cup white vinegar. Allow mixture to foam for several minutes then flush with 1-gallon boiling water.

**9. Buy Smart.** Use shopping guides developed by non-biased sources, such as [www.goodguide.com](http://www.goodguide.com).

**10. Look for local food.** Food that has travelled great distances has a huge carbon footprint. Reduce greenhouse gas emissions by buying locally grown produce and purchasing fruits and veggies when in season.



*Non-point source or "pointless" pollution is the #1 cause of coastal water pollution. This pollution has many sources, including stormwater runoff that carries litter, pet waste, fertilizers, pesticides, soil, and waste from leaky sewage systems into waterways. Every time it rains polluted stormwater travels to the nearest storm drain or waterbody that ultimately drains to the ocean. Though people and their everyday habits are often the source of pollution, we can easily become the solution. By making small changes we can make our ocean fishable, swimmable, and healthy.*

For more information and the complete 10 Tip Series visit:



**[www.CleanOceanAction.org](http://www.CleanOceanAction.org)**

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