



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



A Plastic-Free Memorial Day Weekend!

Memorial Day Weekend, a time when we pause to honor our nation's fallen heroes, is only a few days away. Throughout the country and right here along the coast, memorials and events will be held to bring together communities in this time of reflection.

Clean Ocean Action knows that this holiday also marks the unofficial kick off to summer so beach goers, barbecue aficionados and lovers of fun and sun have begun preparing themselves accordingly. This year we

want to help you celebrate the holiday free of plastics and ensure you know the importance of reducing your plastic foot print.

Here are 4 ideas to help you go plastic free this coming holiday and 4 important facts about plastic pollution:

Shop Local!

- When doing your weekend grocery shopping, be sure to stop by local markets. Local markets are more likely to store their produce and other products in either non-plastic containers or no container at all! This is also a great way to support your local farmers!
- **Plastic Fact:** Each year, 8.8 million tons of plastic makes it way into the ocean where it will remain in some form for up to 1000 years!



Decorate Responsibly

- When hosting barbecues and other fun celebrations, be sure to avoid plastic based decorations. Utilize reusable items such as cloth table covers, flowers from your garden, cloth flags and paper based decor. As a unique and fun alternative, look for DIY projects like these patriotic [sand candles](#) or this [recycled wine bottle tiki torch](#).
- **Plastic Fact:** Plastic debris kills an estimated 100,000 marine animals each year.



Leave the Beach or Park Cleaner Than You Found It!

- Do your part to reduce litter and pollution by grabbing a few pieces of trash as you leave the beach, local park or other recreational area. If everyone chipped in and cleaned up just a few pieces of trash every day we would greatly reduce our pollution and improve the quality of our parks and beaches

- **Plastic Fact:** In the Great Pacific Garbage Patch, plastic pieces outnumber fish food **6 to 1**.

Consequently, fish in the Pacific North are estimated to collectively consume up to **24,000 tons of plastic per year**. Learn more at the [Center for Biological Diversity!](#)

Biodegradable Plastics? Don't Be Fooled!

- **The practice of composting has been a flourishing trend as of late**, especially for those those who are Eco-conscious and aim to reduce the amount of waste they contribute to landfills. Composting, in general, is a great way to reuse biodegradable waste and convert it into energy or to improve soil composition. Unfortunately there are some misconceptions about plastic and its ability to biodegrade!
- Plastics are generally created from a petroleum base, a mixture of unrefined lipids that is extracted from the Earth's crust. While this process may seem to be natural and thus lead to a biodegradable product, that is not the case. Plastics have actually been engineered to withstand chemicals and consequently have an incredibly long shelf life. While plastic does break down into smaller and smaller pieces overtime, referred to as micro-plastics, **it won't truly biodegrade for up to 1000 years.**
- The consequence of the confusion around plastic's ability to biodegrade often leads people to believe they can use plastics in their compost piles and that it will break down into the soil but plastics take immense amounts of energy to be broken down properly so they do not belong in traditional compost piles. If you are interested in composting, be sure to do your research at the EPA's [Composting At Home](#) page and remember that plastics are not biodegradable!
- **Plastic Fact:** Floating plastics are often composed of materials such as **PVC, DEHP, and Polystyrene**. These materials have all been identified as potentially cancer causing and have been linked to adverse effects on the liver, kidney, spleen, and bone formation. During the production process of PVC, a chemical called **Dioxin** is created, this chemical is considered the most potent synthetic carcinogen ever tested in lab animals! Read all about the properties and dangers of different plastics at [Plastic-Pollution.org!](#)



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:
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