



TIP TUESDAY

A weekly guide to help you kick your plastic habits.

A Mother's Ocean of Love

The best gift you can give your mother this Mother's Day is a clean, plastic-free ocean.

Show Mom how to pamper herself plastic-free:

Wrap her in comfort! Share our Tip Tuesday about laundry - Tell mom about how the plastics contained in laundry find their way to the ocean. Show her that you learned how to wash clothes in order to reduce ocean pollution and ***wash, fold and put away the clothes for her!***

Shower her with kindness and use bath bombs, scrubs, and soaps that contain only natural ingredients *or* make your own!

Share with Mom: Reference our previous tip about the microplastics contained in beauty products and how they are now [banned in the United States.](#)

DIY Recipes:

[Soap](#)

[Body Scrub](#)

[Body Milk](#)



Delight her with homemade sweets! Ditch those store-bought hearts wrapped in plastic and show off your cooking skills!

[Recipes for homemade chocolate](#)

Ever-lasting Love:

Investigate - Find out Mom's favorite flower and buy seeds. Planted flowers offer Mom memories that will grow every year!

Light up her life and show off your creativity! Make your own candle in just a few easy steps. [Watch this video](#)

Take Mom outside for Mother's Day. Visit a park, bay or a beach that she loves and *give the gift of time.*

[Make an ever-lasting donation](#) to Mother Ocean in honor of or in memory of your loved one.



Beach Sweeps Volunteers in Brick, NJ on April 30

Show Your Sweeps Support

Unable to attend last Saturday's Beach Sweeps? Don't worry! There is still time to show your love of clean beaches!

Your donation gives COA the chance to win \$20,000!

You make a difference because the Beach Sweeps would not be possible without your

generosity.

[Donate to the Beach Sweeps here.](#)



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

Click here to donate