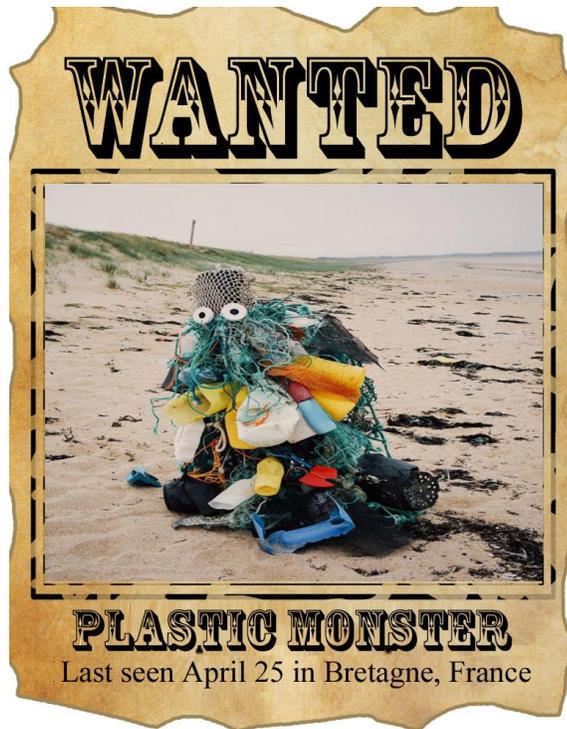




TIP TUESDAY

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

****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

[Click here to donate](#)

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