



# TIP TUESDAY

A weekly guide to help you  
kick your plastic habits.



The day that father's everywhere patiently await is almost here, the day when dads can kick back, relax and soak up all the gratitude they so rightly deserve. Father's Day is a special time when we stop to thank the larger than life figures who we love, respect, and are often embarrassed by, all at the same time!

There are hundreds of ways to celebrate dad and ensure a clean environment for all to enjoy. *So ditch the tacky tie this year and make this father's day fun, relaxing and free of plastic waste!*

## Take a Hike with Dad! Make Dinner for Dad's Day!

-Bring a **reusable cloth shopping bag** to one of the various NJ farmers' markets throughout the week for fresh ingredients  
[Search for Farmers' Markets](#)



-Ask your local seafood or farmers' market employees to **place any pre-weighed goods directly into your own reusable containers**

-Remember to use **sustainable flatware, plastic-free decorations and cloth napkins**

-Homemade candles are a nice touch for atmosphere and now that the bugs are buzzing try making your own citronella:

[Click here for a DIY Natural Bug Repellent](#)

## Tuesday Plastic Trivia

### Plastic - Where Does It End Up?

- Bottles start to **degrade in water due to UV light radiation**
- As PET plastics degrade, they **release toxic chemicals into the environment**
- Many of these chemicals are **carcinogenic and may be correlated to cancer in humans** upon exposure (*National Geographic*)
- As plastics break down into **smaller and smaller pieces**, the **presence of toxic chemicals and microplastics**, small fibers and fragments of plastics are left behind

Water Bottles - Where do THEY end up?

*Click here to watch [The Story of the Water Bottle](#) (thestoryofstuff.org)*

## Shore Paddle

Is your dad a fan of the outdoors or can you just never seem to get him to come out of the water? Give Dad the gift of the Shore Paddle! Register Dad for either the 5.5-mile race, or the 2-mile fun paddle. [Click here to register him today!](#)

### ["The Balanced Man"](#)

Share a recently published article by one of COA's summer interns, Spencer Munson, which illustrates the connection between men and the ocean, with your Dad on Sunday.



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

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