



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



Today is America Recycles Day

"There is no such thing as "Away" when we throw anything it must go somewhere!"

- Annie Leonard

To celebrate this special occasion, COA extends our appreciation for the continued partnership with [Bayshore Recycling](#). Since 2004, Bayshore Recycling has not only helped reduce marine debris but also provides a recycling alternative for all debris removed at the Sandy Hook location.

During the 2015 Beach Sweeps, over 70% of the debris collected was plastic making it the largest category of debris.

Single-Use Plastics

No matter how hard we try, single-use plastics are everywhere in today's society. Your favorite takeout dinner comes chock full of single-use plastic - so, what do we do? OPT OUT and RECYCLE!

Here are some tips on how to recycle everyday single-use plastics.

Takeout Containers and Disposable Dinnerware

Made from plastic #6 polystyrene foam is widely used because it's lightweight and handles hot and cold food/liquids.

Use [this link to search for sites that accept #6 containers](#).

Microwave Trays (yogurt cups, hummus tubs, microwave dinners)

Sometimes you need a quick meal and are guilty of popping plastic in the microwave and eating in front of the television. This is a #5 plastic and we forgive you IF YOU RECYCLE!

Unfortunately, only 28 out of the 100 largest US cities now collect #5 recyclables. For the general public, look for [The Gimme 5 Preserve Program](#) available at Whole Foods. Or [use this link for a site near you](#).



"I Want to be Recycled"

Plastic Takeout Bags

Grocery stores throughout the US are now offering plastic bag



recycling programs, however, curb-side recycling is still not an option. Instead, upcycle or reuse your plastic bags as garbage liners, for dinner doggy bags, as doggy "potty" bags, for package stuffing in delicate shipping, as cast coverings for broken arms and legs in the shower, to keep wet and dry clothes separate in your luggage and even to use as a non-stick surface to roll cookie dough!



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

Have an idea for a tip?!?

Contact Lauren: communications@cleanoceanaction.org

Thanks to our ocean of supporters, COA is ranked in the Top 10 of organizations that work on ocean issues. Your generous support is always greatly appreciated.



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