



# 10 Tips For Daily Living

## 1. **Reduce, reuse, and recycle.**

Avoid using disposable items such as plastic straws, bags, cups, water bottles, and utensils. Use reusable items and recycle as much as possible.



## 2. **Conserve the drops to save water.** On

average, each American uses between 80 - 100 gallons of water daily. Turn off the water while brushing teeth, take shorter showers, use cold water and natural soap to wash clothes in the washer, and use low-flow faucets, toilets, and showerheads.

**3. Flip the switch to save energy.** Turn off your lights and appliances when not in use. Unplug your phone chargers and appliances, which use energy even when they are not in use.

**4. Don't be idle.** Turn off your car when idling for more than 30 seconds. This will conserve fuel, save money, and reduce pollution.

**5. Replace inefficient items** in your home. Replace incandescent light bulbs with light-emitting diodes (LED). Buy "Energy Star" appliances.

**6. Personal care products and soaps** contain many chemicals that can be hazardous to the environment when they enter the watershed. Avoid phosphates, microbeads, and Triclosan. Use naturally derived or organic products.

**7. Shop wisely.** Purchase environmentally responsible products, such as those made from

recycled materials, non-toxic cleaners, and products with minimal packaging. Urge companies to adopt environmentally sound practices.

- 8. Stash trash responsibly.** Never litter. If away from home, bring garbage/recyclables home for proper disposal. Make sure outdoor trash cans are securely covered so trash doesn't blow away. Learn more about what is accepted in your municipal trash and recycling.
- 9. Get involved.** Attend town meetings and discuss your concerns with your local elected officials. Write to your elected officials about your environmental concerns. Join an environmental organization.
- 10. Spread the word.** Educate family, friends, neighbors, and co-workers about how they can protect our environment. Together, we are the solution.

*Nonpoint source or "pointless" pollution is the #1 cause of coastal water pollution. This pollution has many sources, including stormwater runoff that carries litter, pet waste, fertilizers, pesticides, soil, and waste from leaky sewage systems into waterways. Every time it rains polluted stormwater travels to the nearest storm drain or waterbody that ultimately drains to the ocean. Though people and their everyday habits are often the source of pollution, we can easily become the solution. By making small changes we can make our ocean fishable, swimmable, and healthy.*

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