

**Clean Ocean Action's  
10 Tips  
For Daily Living**



1. **Reduce, reuse, & recycle** to save money and natural resources, as well as improve the quality of our environment.

2. **Buy in bulk quantities.** Reuse & refill the containers. When purchasing any items, bring your own bags and do not purchase over-packaged items.

3. **Save water by using less.** For example, turn off the water while brushing teeth, take shorter showers, and if washing a car, use a qualified facility that recycles water.

4. **Reduce** the use of disposable items, such as plastic straws, lighters, cups, diapers, razors, or pens. All disposables generate toxics, use up precious resources, are not generally recyclable, and fill our landfills. Instead, buy items that are reusable.

5. **Use environmentally safe products** in your home and office. For more information see COA's "Tips for Cleaning" and other tip cards.

6. **Be proactive** by writing manufacturers and retailers. Urge them to make and sell recyclable products, and to use minimal packaging and environmentally safe products.

7. **Vote.** You have the power to demand change. Talk or write to elected officials about environmental issues and hold them accountable.

8. **Replace inefficient items** in your home to save energy and money. At minimum, look for "Energy Star" products. Replace incandescent light bulbs with energy-saving fluorescent bulbs. Replacing just one bulb will save \$44 and .25 tons of coal.

9. **Educate** family, friends, employers, and others of their responsibility to the environment. Inform anyone you see littering, or otherwise harming the environment, about pollution issues.

10. **Implement these tips and get involved with environmental groups.** Visit websites for information, alternative products, and ideas for what you can do to make a difference.

**Tip Card Sponsored By:**



*of Middletown Township*

**Nonpoint source or "pointless" pollution is the number one cause of coastal water pollution. Pointless pollution is caused by many sources, including runoff of litter, pet waste, fertilizers, pesticides and soil erosion, leaky septic systems, and faulty sewage and stormwater systems. Though people and their everyday habits are often the source of pollution, we can easily become the solution. By keeping informed and making small changes, you can make our ocean fishable, swimmable, and healthy.**

Please indicate other tips you would like to receive:

- Anglers
- Beach
- Boaters
- Cleaning
- Daily Living
- Drivers
- "If You See It...Report It"
- Kids
- Kitchen
- Lawn & Garden
- "No Butts About It: Use Your Ashtray"
- Personal Watercraft Operators
- Shore Visitors



**I would like information about COA:**

- Beach Sweeps
- Newsletter
- Special Events
- Presentations
- Educational Programs
- Storm Drain Stenciling
- Volunteer Opportunities

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

If you have a pointless pollution tip, send it our way and we'll share it with others. To sponsor a tip card, contact COA's Events and Development Director at 732-872-0111.

For more information visit [www.CleanOceanAction.org](http://www.CleanOceanAction.org)

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