

Clean Ocean Action's 10 Tips For the Kitchen



1. **Avoid disposable products.**
2. **Reduce your volume of waste.** Recycle glass, aluminum, metal, paper, and cardboard. Participate in Household Hazardous Waste Clean-Up days. If possible, start a compost pile for your garden with household scraps. See COA's "10 Tips for Lawn and Garden".
3. **Use alternative cleaners.** For dishes, use soap rather than detergent. For dishwashers, try using 50% washing soda (sodium carbonate) and 50% Borax or a detergent with low phosphate content.
4. **Keep your kitchen clean and green.** Search www.care2.com and click on "Healthy Living" for tips on a healthy home. Or read "Better Basic for the Home" for 1000 formulas for less toxic living.
5. **Buy reusable products,** such as plastic containers and hard plastic reusable water bottles. Use wax paper and aluminum foil rather than plastic wraps and bags. If you must use plastic bags, reuse them when possible.
6. **Save energy** by using energy efficient dishwashers and running only when full. Air dry to reduce energy bills.
7. **Use dishtowels, cleaning cloths, and cloth napkins.** Cloth decreases your use of paper and can be used over and over. Recycle old t-shirts and towels into cleaning cloths.
8. **Don't put harmful chemicals down the sink.** These chemicals ultimately end up in our waterways. Decrease or limit your use of phosphates, which promote algae blooms in waterways that harm marine life. Drain cleaners are dangerous. Instead, pour 1/2-cup baking soda down the drain followed by 1-cup white vinegar. Allow mixture to foam for several minutes then flush with 1-gallon boiling water. Use a plunger or plumbing snake for tough clogs.
9. **Buy Smart.** Use shopping guides developed by non-biased sources, such as www.betterworldhandbook.com.
10. **Family Night.** Discuss these issues with your family. Talk about the importance of developing eco-friendly habits and the long-term effects that environmentally damaging practices will have on our ocean.



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

Main Office
18 Hartshorne Drive
P.O. Box 505, Sandy Hook
Highlands, NJ 07732
(732) 872-0111

South Jersey Office
P.O. Box 1098
Wildwood, NJ 08260
(609) 729-9COA



Printed on 30% post-consumer recycled paper using soy-based ink.