



# TIP TUESDAY

A weekly guide to help you  
kick your plastic habits.

**REDUCE  
REUSE  
RECYCLE**

## Make a Splash this Summer with these Recycling Tips

To celebrate the Summer Solstice, we're bringing back a few popular tips on how to recycle everyday summer necessities and quizzing you on your recycling knowledge!

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### Tuesday Plastic Trivia

**How many plastic recycling codes are there?** (See answer below)

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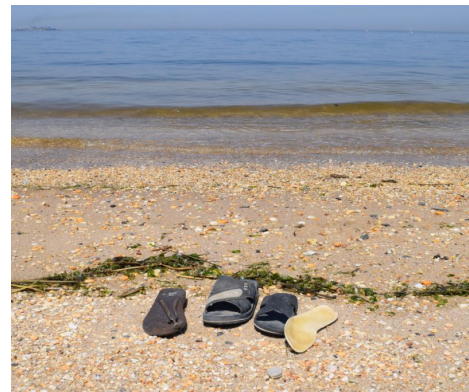
### Enjoy Summer with these Recycling Tips

#### Sunscreen.

It is extremely important to protect your skin from the warm, strong sun while outside in the summer months. Before you buy, if the sunscreen is in a plastic bottle, check the recycling # on the bottom. If the number is either **1 or 2 then the sunscreen is readily recyclable**. For additional recycling options visit <http://earth911.com/>.

#### Flip Flops.

These summer staples get a good amount of wear and tear during the summer. If your flip flops have seen better days start a collection and send them to our friends at [Terracycle](http://Terracycle), who will take that old rubber and up-cycle it into new products. This is a great collection for schools, especially environmental clubs! [Sign up today.](#)



Abandoned flip flops found recently during a Corporate Beach Sweeps.

#### Life Vests.

While personal flotation devices (PFD's) are important and much needed safety precautions, they are not easily recycled. However, vests that are no longer of use can be donated to COA for our Stand Up Paddleboard event the Shore Paddle, a local boat club or parks system, or the Boat U.S. Foundation. [To find a site near you click here and search your zip code.](#)

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### Tuesday Plastic Trivia Answer

**How many plastic recycling codes are there?**

*\*The lower the #, the easier to recycle.*

There are seven different types of recycling codes:

- #1 polyethylene terephthalate (PETE)
- #2 high density polyethylene (HDPE)
- #3 polyvinyl chloride (PVC)
- #4 low density polyethylene (LDPE)
- #5 polypropylene (PP)
- #6 polystyrene (PS)
- #7 other

To locate the recycling code look at the bottom of the container, bag or on the underside of the plastic lid.  
(<http://www.recyclingnj.com/recycle/plastic.html>)



## 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)

[Click here to donate](#)

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