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Welcome to Your **SUSTAINABLE SUMMER**



Sustainable Summer Feature & Your **FIRST CHALLENGE!**

Welcome to Week 1 of Plastic Ocean Project's Sustainable Summer
Campaign: **DITCH THE BIG 4**

Plastic bags, plastic bottles, plastic straws, and styrofoam.
Trade them out for simple and *effective* swaps.

SUSTAINABLE SUMMER PARTNER FEATURE



Join [Longwave Yoga](#) this month on Wednesdays at “Seagals” for sunrise and morning meditation at 6am at the L-shaped lot & Fridays for their 5:30pm Community Class at the studio!

Ready to take your first steps to break up with plastic?

Ditch the Plastic Bag

Two million plastic bags are used worldwide every minute. On average, they're only used as long as it takes to load and unload them. POP wants to challenge you to STOP FORGETTING, build a habit for good, and shop the best reusable bags...

[SHOP & SUPPORT LOCAL](#) →





Say No to Plastic Water Bottles

In a study conducted in 2024, researchers detected an average of **240,000 plastic fragments per liter in bottled water**. Our bodies deserve clean water, not microplastics. Every bottle is used for minutes, but what goes into your body could remain there indefinitely.

[SHOP](#) →

Skip the Straw

It takes up to 200 years for a plastic straw to decompose, and they are not recyclable in most places. They are the 11th most found trash in the ocean. It's time to opt for stainless steel or glass straws.

[SHOP](#) →





Styrofoam is bad.

Styrofoam, a material we often use without much thought, contains harmful chemicals such as styrene and benzene. These chemicals can leach into our food and beverages, posing serious health risks when ingested. The personal & environmental impact of this single use product is significant, as these chemicals have been linked to a range of health issues, including cancer, thyroid hormone disruption, and neurological problems...for your health and the health of the planet, **just to no to styrofoam!**

[LEARN MORE](#) →

Sustainable Summer Give Back Days

Don't forget to visit our Sustainable Summer partners on Give Back Days - a percentage of sales will be donated to POP! Get them on your calendar!

[Ceviche's](#): July 24th-30th

[Longwave Yoga](#): Wednesdays "Seagals" 6am class & Friday 5:30pm Community Class (July & August)

[Seaside Bagels](#): August 24th

[Banter](#): Order the Sea Bunny cocktail throughout the month of August!

[The Ibis Coffee & Cocktails](#): Tuesdays & Wednesdays in August

[Kendra Scott](#): July 25th in store 1-4pm & Online July 25-August 1

Thank you to our Sustainable Summer Sponsors and to
YOU for supporting them and us!!

*Sustainable
Summer*



LONGWAVE
YOGA



Audi
Cape Fear



Share this challenge with your friends and family, and help us to help you make the world a cleaner, healthier home.

Download Your Free Sustainable Summer Checklist to learn even more ways to increase your positive impact this summer :)

[Download the Checklist](#)



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