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PLASTIC OCEAN PROJECT

Sustainable Summer Week 3



Eat Food, Not Plastic

Ready to make your kitchen a plastic-free zone? This week's **Sustainable Summer** theme is shifting the focus to the kitchen—simplifying how we shop, eat, and host without the waste.

🍉 Go Plastic-Free in the Kitchen This Summer!

1. Hit the Farmer's Markets

Fresh, local, and almost always plastic-free. Bring your own bags, [produce sacks](#), and containers for a zero-waste haul. Track Wilmington-area Farmers Markets [here](#).

2. Visit Tidal Creek Co-op

Tidal Creek offers a variety of bulk options, package-free produce, and eco-friendly goods.

3. Cook with Intention

Swap out coated non-stick for stainless steel, cast-iron, glass, and wooden utensils is ideal! Ditch the Teflon!

[Learn More](#) ➡





New Challenge: Eat + Drink Sustainably 🌍

[Mason Jar Pasta Salad](#) – Fresh seasonal veggies, pasta, and vinaigrette. Keep it simple—no plastic containers required.

[Watermelon Mint Cooler](#) – Keep it classic: fresh watermelon juice, mint, and lime. Serve it in glass, skip the waste.

[Grilled Veggie Skewers](#) – Farmer's market essentials: zucchini, mushrooms, and peppers. Source it clean, compost the leftovers, and skip the Styrofoam trays for good.

[Homemade Hummus + Pita](#) – Minimalist prep. Make your own dips and snacks in reusable containers. Keep it clean.

Where to Eat Out in Wilmington

1. [Wrightsville Beach Brewery](#) – Committed to sustainability through compostable takeout containers, oyster shell recycling, and monthly donations to local nonprofits!

2. [Ceviche's](#)– Known for their delicious Panamanian cuisine, they partner with Wilmington Compost Company to help keep food waste out of local landfills.

3. [RX Chicken & Oysters](#)– Great food and actively works at reducing the [invasion of lionfish](#),



[which are destroying local habitats, by featuring this delicious fish on their menu!](#)

Thank You to Our Sustainable Summer Partners!

Be sure to catch Sustainable Summer **Give Back** days below!

[Ceviches:](#) July 24th - 30th - a percentage of sales will be donated to POP!

[Longwave Yoga:](#) Wednesdays “Seagals” 6am class & Friday 5:30pm Community Class - proceeds donated to POP!

[Kendra Scott:](#) July 25th in store 1-4pm & Online July 25-August 1 - a percentage of sales will be donated to POP!

[Seaside Bagels:](#) August 24th - a percentage of sales will be donated to POP!

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

[Dram Tree Tavern:](#) Mondays & Tuesdays in July & August – order any Waterline beer to support POP!

[The Ibis Coffee & Cocktails:](#) Wednesdays in August – order the “Walking On a Dreamsicle” to support POP!

[Azalea Station:](#) Tuesdays in July & August - a percentage of sales will be donated to POP!

[Plaine Products:](#) All year long - a percentage of sales will be donated to POP when using promo code “POP”!

Explore POP events and add them to your calendar!

[Check out the POP Calendar](#)

Sustainable
Summer

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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!](#)

Let's make this a summer of memories—not microplastics.

Share your sustainable adventures and tag us

@PlasticOceanProject.Inc!



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