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PLASTIC OCEAN PROJECT

Sustainable Summer Week 4



Green Cleaning: Sustainable Cleaning Solutions for a Toxin-Free, Waste-Free Home

This week's theme: **Green Cleaning** — The Modern Guide to Plastic-Free Cleaning

🧽 1. Sponges → Compostable Alternatives

Most standard sponges contain polyurethane plastic, which releases harmful microplastics into your home and water supply with every use.

Try this instead:

1. [Swedish dishcloths](#) (made from cellulose + cotton)
2. Loofahs or coconut husk scrubbers
3. [Cellulose sponges](#) (100% plant-based and compostable)



🍋 2. Dish Soap → Solid Bars or Concentrates

Most dish soaps are a double threat: plastic bottle waste and non-biodegradable ingredients.

Alternatives:

- Dishwashing bars: [Here's Our Favorite](#)
- Refill stations: [Tidal Creek Co-Op](#)
- Explore brands such as:
 - Blueland
 - Meliora
 - No Tox Life
 - Zero Waste MVMT

3. Beyond Convenience: The Plastic in Dishwasher Tabs

While dishwasher tabs are convenient, they are wrapped in polyvinyl alcohol (PVA), a type of water-soluble synthetic polymer. Recent research, including a 2023 report in the *International Journal of Environmental Research and Public Health*, highlights concerns that this material may not fully biodegrade, particularly in aquatic ecosystems, leading some to question its impact on our water systems.

Consider opting for powder formulas, or make the switch to a truly plastic-free solution like [Blueland](#).



Audi Cape Fear Cleanup this Sunday!

*Sustainable
Summer*

Audi Cape Fear Sponsored Cleanup!



Audi
Cape Fear



Sunday, July 26th 9am - 11am



255 Old Eastwood Rd. Wilmington, NC 28403

Plastic Ocean Project is honored to partner with [Audi Cape Fear](#) for a public [Sustainable Summer](#) cleanup! Come help clean up along Racine Drive! Volunteers will meet at Audi Cape Fear for picking up their cleanup supplies and directions. Hope to see you there!

Sunday, July 26th 9am - 11am

255 Old Eastwood Rd. Wilmington, NC 28403

[Sign up here!](#)

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 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!

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LONGWAVE
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Audi
Cape Fear

RED SHARK



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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