



## Plastic Free 4<sup>th</sup> of July A Personal Parade

Here on the Cape, we love our parades. This year, since we can't enjoy our normal 4th of July parade here in Provincetown, we propose a new kind of parade. **Consider parading along your favorite beach or forest path this 4th of July, and pick up any litter you see.**

If you want to take note of what you find, feel free to fill out the Center for Coastal Studies' marine debris counting sheet and **send us your debris data!** Or check out the CleanSwell App from the [Ocean Conservancy](https://www.oceanconservancy.org/) to track your cleanup.

Can't get enough of beach cleanups? Check out NOAA's "Star Spangled Cleanup" here: <https://blog.marinedebris.noaa.gov/how-celebrate-fourth-july-broom-and-dustpan>

Photo Credit: David Troyer Images