

Think plastic pollution is just an environmental issue? Think again. Microplastics, tiny plastic particles less than 5mm in size aren't just in the ocean. They're in our food, water, air, and even inside our bodies. Every week, the average person unknowingly ingests about a credit card's worth of plastic. It's in our bottled water, seafood, salt, and the air we breathe. It has found its way in all our organs and our blood. **What Can You Do to reduce your exposure?** *Drinking filtered tap water instead of bottled water *Avoiding plastic food containers, especially when heated *Choosing natural fibers over synthetic ones. Microplastics are already in us. The question is, how much worse will it get before we take action? **Contact: getinvolved@arrva.org**



REMEMBER SKIP THE STRAW, SAVE A TURTLE?



YOU ARE THE TURTLE NOW

2025 Central Virginia RIVER CLEANUP SCHEDULE

- March 15 - Upper Chickahominy River
- April 19 - Concert on the Farm
- May 17 - Upper James River
- June 21 - Upper Pamunkey River

- July 19 - Appomattox River
- August 16 - Bethel Beach Preserve, Chesapeake Bay
- September 20 - Rappahannock River
- October 18 - Middle Chickahominy, Mechanicsville

JANUARY

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FEBRUARY

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APRIL

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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We will be meeting at Kitchen33, 13155 Mountain Rd. for a complimentary breakfast at 8:30 a.m. on the above dates. Or, you can meet at the cleanup site at 9:30 a.m. Additional information is available on our website and social media platforms weeks before each event.

Whether by kayak or land, all are welcome.

Contact us at getinvolved@arrva.org if you have any questions.

www.arrusa.org

