

HOW TO EARN RIVER FRIENDLY STATUS

The Rumson Environmental Commission and Clean Ocean Action invite families of Rumson to participate in the [River Friendly Challenge](#)! Help us to protect our precious natural resources by participating in as many River Friendly practices as possible from fall of 2020 to spring of 2021.

The Navesink and Shrewsbury Rivers are not only home and nursery to a variety of marine species unique to its brackish waters, the two rivers are also a recreational refuge to locals and tourists. Their natural and economic value make them important to preserve for future generations. By participating in the River Friendly Challenge, you are promising to try as many River Friendly practices as possible. See how many of these practices you are already doing! Two for one! By being River Friendly, you are also being Ocean Friendly! Oceans are responsible for 50-80% of the oxygen we breathe! Need we say more? #rumsonriverfriendly

- ☐ **KNOW YOUR [WATERSHED ADDRESS](#)**
We all live in a watershed (an area of land that drains to a particular waterway) and Rumson actually has two of them: the Navesink and Shrewsbury. Locate your house on a map. What direction does water flow from your house when it rains? HINT: Roughly...which side of Ridge Road do you live? North of RFH would be Navesink and South of RFH would be Shrewsbury. Add your family name to our map at the Rally in the spring.
- ☐ **SCOOP THE POOP**
Pet waste is a dangerous example of non-point source pollution. One gram of dog waste contains 23 million bacteria that is responsible for water quality issues of the Navesink and Shrewsbury Rivers. Waste from all animals are included: cats, horses, or other farm animals. Send us a picture of your furry friend
- ☐ **[CUT IT AND LEAVE IT](#)**
Leave grass clippings on the lawn as a natural [fertilizer](#). Mow high and often to reduce stress and retain moisture. If you must fertilize, use a slow-release nitrogen or organic fertilizer minimally in the fall. Grass clippings and leaves add phosphorous (a natural nutrient) to the water when they enter through storm drains. This can cause excessive algae growth and lead to less dissolved oxygen which has results in massive fish kills! POST picture of your environmentally friendly lawn practices.
- ☐ **[COMPOST YOUR FOOD & LEAVES](#)**
Create your own natural, nutrient rich fertilizer! Leaves, garden waste and food waste can be composted and reused in garden beds. POST picture of your compost pile or container!
- ☐ **NO MORE CHEMICALS**
Chemical pollution is not only bad for water quality, it is toxic to our health and the health of our pets. Use pet friendly and salt-free products to melt ice in the winter. Use Eco-friendly cleaning products, fertilizers, herbicides and pesticides. POST picture of you saying NO to Chemical Pollution.
- ☐ **SAY NO TO PLASTICS**
Plastics present an environmental issue in our rivers for a variety of reasons. REDUCE the amount of plastic you use. REUSE items as often as possible (containers, rags, bags) [RECYCLE](#) plastics with number 1, 2 and 5. REFUSE single use plastic bags, straws, containers when possible. POST picture of you practicing at least one of the 4Rs.
- ☐ **CONSERVE ENERGY**
Burning fossil fuels causes climate change which threatens our coasts! Walk, bike, or carpool. Purchase energy efficient appliances and electronics. Turn off the lights when not in use! POST picture of how you conserve energy in your house OR a picture of your hybrid vehicle!
- ☐ **AUTOMOTIVATE FOR THE WATERWAYS**
Leaking automotive vehicles allows chemical pollution to enter the waterways. Clean up spills with sand or kitty litter, and dispose of that properly. Wash your car on the lawn to reduce the amount of soaps going down the storm drain. POST picture of an environmentally friendly car wash!
- ☐ **REDUCE STORMWATER RUNOFF**
Pervious surfaces, as opposed to impervious surfaces such as roads, roofs and sidewalks, absorb rainwater and help to reduce flooding, recharge groundwater and reduce pollutants getting into waterways. Activities you can do to reduce rainwater runoff include: using rain barrels, installing rain gardens, increasing lawn/plantings, using gravel or pavers/brick drive and walkways that allows water to seep between, redirect gutters into planting beds. Post a picture of way(s) you reduce rainwater runoff!
- ☐ **INSTALL A GREEN ROOF**
Do you have a flat or slightly sloping roof that needs repair? Installing a vegetative roof absorbs rainwater, improves insulation and provides habitat for birds. Post a picture of your green roof!



PLEASE POST PHOTOS ON INSTAGRAM
use #rumsonriverfriendly
SEND QUESTIONS TO:
riverfriendly.challenge@gmail.com

