

In 2024, 3,167 volunteers
picked up 11,383 lbs of trash
at 92 cleanups in CT and NY



Towards a Trash-Free Region

Mar Parsaye joined Save the Sound as our 2024 cleanup coordinator, organizing events in CT and NY.

We sat down to talk with her...

Most common trash types collected in 2024:



16,593 cigarette butts



12,578 food wrappers



9,977 small plastic pieces



11,945 bottle caps

What inspired you to get involved in cleanups?

"I have always loved nature and being outdoors-with access to clean water and all that we are afforded by having a sustainable world. In both my personal and professional life, I was hearing about and experiencing the consequences of climate change, and I wanted to do more to help impact a positive change. That led me to Save the Sound and the cleanup program."

Why do you believe cleanups are important?

"Cleanups keep us connected to nature and to our communities. They let us work towards a more sustainable future, not just for humans but for everything that's connected to Long Island Sound and beyond. Even the smallest cleanup with not much trash collected (that rarely happens, we always find stuff!) makes

our world a better place."

www.savethesound.org