

Protect Our Oceans

10 Ways to Reduce Your Plastics Footprint

- 1 Carry re-usable cloth bags whenever you go shopping.** A growing trend for grocery shopping, bring your own re-usable bags along on all of your shopping trips and cut down on your use of plastic bags even more.
- 2 Avoid buying bottled water.** Carry a reusable water bottle, secure in the knowledge that in the U.S., tap water is more closely regulated than bottled water, and thus every bit as clean and healthy.
- 3 Bring your own coffee containers.** To cut down on Styrofoam cups and plastic lids, a thermos or travel coffee mug is an easy solution for the workplace, and are also welcome at your local coffee shop.
- 4 Use wax paper bags and aluminum foil instead of plastic baggies and plastic wrap.** Beyond adding more protection to your food than their plastic counterparts, aluminum foil and wax paper are recyclable.
- 5 Resist the tendency to wrap your fresh produce in plastic bags.** If you plan to wash your fruits and vegetables when you get home, there is simply no need to put them in individual plastic bags at the store.

Help Keep Our Seas Free of Debris

The **National Oceanic and Atmospheric Administration (NOAA)** has established a Marine Debris Program, recognizing that marine debris is a global problem affecting everything from the environment to the economy. Their website is a great starting point for those wishing to get better informed, and then get involved in making a difference.

<http://marinedebris.noaa.gov/welcome.html>

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- 6 Avoid using straws or plastic lids on your take-out beverages when you don't need to.** Most of the time you don't really need a lid or a straw, especially when you're staying in the restaurant to eat.
- 7 Use bar soap rather than liquid soaps or sanitizers that come in plastic bottles.** One of the easiest ways to reduce your plastic footprint, bars of soap are often less expensive, last longer, and work just as well for washing your hands and body.
- 8 Don't use plastic utensils.** Tell the take-out restaurant "no thanks" and bring along your own utensils if need be. If you need to use or buy disposable utensils, look for biodegradable alternatives made out of potato or corn starch.
- 9 Choose products made from natural fibers and recyclable materials, and avoid products with excessive plastic packaging.** Don't be afraid to tell your retailer about your preferences or to include packaging info in product reviews you share.
- 10 If you see plastic litter anywhere, please pick it up!** No matter where you live, discarded plastic is harmful to animals, and also releases harmful toxins that pollute waterways when it starts to break down.

More Ways to Save the Oceans

Oceana is an international organization singularly focused on ocean conservation, boasting more than 500,000 members and e-activists in over 150 countries. Among the many resources available on their website are sustainable seafood guides and recipes, a Plastics Pledge you can sign, and this list of 10 things you can do to help save our oceans:

<http://oceana.org/en/living-blue/ocean-friendly-tips>