

THINK...

Only eat sustainable seafood

Conserve. Reduce, Reuse, Recycle

Educate your family and friends

Act today by using the ideas on this card

Now is your chance to make a difference

15 Easy Things You Can do to Save Our Seas

1. Recycle everything you can
2. Buy reusable water bottle
3. Use canvas bags instead of plastic
4. Ride bikes, the bus, or walk
5. Carpool
6. Change light bulbs to compact fluorescent bulbs
7. Pick up trash whenever you see it
8. Throw cat poop away instead of flushing it down the toilet
9. Eat sustainable seafood
10. Try for zero waste lunches
11. Eat organic and local
12. Turn off the lights when you leave the room
13. Turn off electronics when not using them
14. Open a window instead of using air conditioning
15. Spread the word!

These easy choices will help reduce trash in our landfills and oceans; lower CO2 emissions in our air; control harmful toxins in our ocean; and save precious marine life! Thank you for helping