

THINK...

Only eat sustainable seafood.

Conserve: Reduce, reuse, recycle.

Educate your friends and family.

Act today by using the ideas on this card.

Now is your chance to make a difference!

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15 EASY THINGS YOU CAN DO TO SAVE OUR SEAS

1. Recycle everything you can
2. Buy reusable water bottle or thermos
3. Use canvas bags instead of plastic grocery bags
4. Ride bikes, the bus, or walk
5. Carpool
6. Change light bulbs to a compact fluorescent bulbs
7. Pick up trash whenever you see it
8. Throw cat poop away instead of flushing it
9. Eat sustainable seafood
10. Try for zero waste lunches:
use silverware, cloth napkins, and "wrap-n-mats"
11. Eat organically and locally
12. Turn off lights when you leave a room
13. Turn off the computer when not using it
14. Open a window instead of using air conditioning
15. Spread the word: hand out "Seafood Watch" cards or give the "Save Our Seas" presentation.

These easy choices will help reduce trash in our landfills and oceans; lower carbon dioxide emissions in our air; control harmful toxins in our oceans; and save precious marine life.

Thanks for helping make a difference!

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