

8 Ways YOU Can Use Less Plastic



Skip the bottled water and use a reusable water bottle

1



Avoid using a straw. Straws are one of the top 10 marine debris items found on beaches

2



Avoid using "microbeads" found in face washes and toothpastes. Look at labels for polypropylene and polyethylene

3

Compost and use fewer garbage bags



8

We each play a ROLE in keeping our planet WHOLE

4

Buy products made from recycled materials with little or no packaging



Wear clothing made of non-synthetic fibers. Polyester clothing is made of plastic

7



Repair, upgrade or turn in your electronics for recycling

6

5

Choose to carry reusable bags for all your shopping



Marine debris is created by humans.

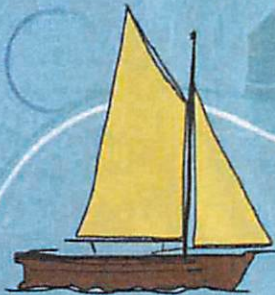
Our trash moves from the streets into storm drains then to the ocean where it becomes a hazard to wildlife and threatens our health and safety as a global community.



North American Marine Environment Protection Association
NAMEPA

WWW.NAMEPA.NET  

10 Ways YOU Can Save Our Seas



Be a Responsible Boater



Reduce your Carbon Footprint



Use a Reusable Water Bottle

Participate in a Beach Cleanup

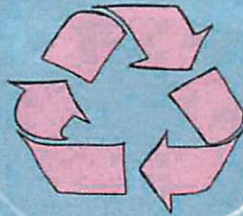


Use a Trash Can with a Lid



Eat Sustainable Seafood

Recycle!



Use fewer Plastic Products

Write to an Elected Official



Get Busy!
Now!

Spread the Word

Advocate • Educate • Activate

North American Marine Environment Protection Association



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Help NAMEPA Celebrate 10 years of Saving Our Seas