

## Follow the tips below and you can start helping our ocean TODAY!

- **Bring your own bag**

Use re-useable shopping bags and try to buy products without excessive packaging. Many plastic bags end up in the ocean where birds, turtles and other animals ingest them (thinking that they are food!).



- **Do your part to help with marine debris**

Pick up trash on the beach and in your neighborhood. The trash on our streets gets washed to the ocean in the storm drains. Marine animals can eat this trash or become tangled in it.

- **Turn off lights and unplug electronics from the wall when you're not using them**

Simply turning off your television, DVD player, stereo, and computer when you're not using them will save you thousands of pounds of carbon dioxide a year.

- **Use water efficiently**

Only water when needed and do it during the coolest part of the day - early morning is best. Turn the water off while brushing teeth. Do not use your toilet as a waste basket - water is wasted with each flush. Repair all leaks right away - *a leaky toilet can waste 200 gallons of water per day!*



- **Use less hot water**

It takes a lot of energy to heat water. You can use less hot water by taking shorter showers and washing your clothes in cold or warm water (500 pounds of CO<sub>2</sub> saved per year) instead of hot.

- **Only run your dishwasher and clothes washing machine when there's a full load and use the energy-saving setting**

You can save 100 pounds of carbon dioxide per year. Even better, line-dry your clothes and air-dry your dishes.

## Follow the tips below and you can start helping our ocean TODAY!

- **Bring your own bag**

Bring a re-useable shopping bag next time and try to buy products without excessive packaging. Buying fewer packaged products could reduce your garbage by about 10%, saving 1,200 pounds of CO<sub>2</sub> per year.



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- **Use environmentally safe cleaning and gardening products**

What we put down our drains and in our yards can end up in the ocean.

- **Plant native trees**

Trees absorb carbon dioxide from the air and use it as their energy source, producing oxygen for us to breathe. A tree that shades a house can reduce the energy required to run the air conditioner and save an additional 200 to 2,000 pounds of carbon over its lifetime.



- **Create less waste**

Reduce the amount of waste you make by choosing reusable items - use a cloth towel instead of a paper towel to dry your hands or clean up spills. Or repair and reuse your old furniture, clothes, and electronic items. Recycle or compost whenever possible: newspapers, beverage containers, cardboard, green waste, paper and other goods. *Recycling a stack of newspapers 3 feet high saves one tree!*

- **Be a responsible seafood eater**

Certain types of fishing damage sensitive habitats and catch animals that are not wanted for food such as turtles, sharks, and other fish. Also, some fish are being taken out of the ocean faster than they can reproduce - this is called overfishing. *Be sure to check your Seafood Watch Card for the best choices.*

- **Eat less meat**



Methane is the second most important greenhouse gas and cows are one of the biggest producers of methane. The meat industry produces about 18% of the world's greenhouse gas emissions. *You will save more water by **not** eating 1 pound of beef than you do by not showering for an entire year!*

- **Spread the Word**

Tell family and friends that energy efficiency is good for their homes and good for the environment because it lowers greenhouse gas emissions and air pollution. Tell 5 people and together we can help our homes help us all.

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