

# HELP REDUCE PLASTICS IN THE OCEAN

## SIX THINGS YOU CAN DO



**1**

Choose reusable or compostable plates, cups and silverware



**2**

Recycle single-use plastics whenever possible



**3**

Stop buying water—refill a reusable water bottle



**4**

Choose foods with less packaging  
(bulk foods are a great way to go!)



**5**

Bring your own shopping bags



**6**

Avoid products containing microbeads such as soap, toothpaste and face/body scrubs