



31 WAYS TO BE AN OCEAN STEWARD

1. ATTEND OUR BEACH CLEANUP
2. WALK / RIDE BIKE INSTEAD OF DRIVE
3. UNPLUG AND GO OUTSIDE!
4. USE ALTERNATIVES TO BALLOONS FOR CELEBRATION DECOR (LEAF CONFETTI, FLOWER PETALS, PAPER CHAINS, KITES, PINWHEELS, MAKE YOUR OWN GARLAND, POM POMS, STREAMERS, BUBBLES, PAPER FLOWERS, SPARKLERS)
5. USE REEF SAFE SUNSCREEN
6. WATCH SMOG OF THE SEA, A PLASTIC OCEAN, PLASTIC PARADISE, BAG IT, ADDICTED TO PLASTIC, OR OTHER FILM ABOUT PLASTIC WASTE
7. PICK UP TRASH ON YOUR WALK
8. USE THE MARINE DEBRIS TRACKER APP TO BE A CITIZEN SCIENTIST
9. RECYCLE PAPER, GLASS, ALUMINUM
10. USE REUSABLE BEVERAGE CONTAINERS
11. BRING REUSABLE BAGS TO THE STORE
12. BUY IN BULK
13. SKIP PRODUCE BAGS (OR USE REUSABLE ONES) AT THE GROCERY STORE
14. BUY NOTHING DAY!
15. SHOP SECONDHAND
16. SHOP FROM LOCAL BUSINESSES
17. GO MEATLESS MONDAYS
18. SHOP AT FARMER'S MARKETS
19. MAKE A HOME COOKED MEAL
20. USE CLOTH NAPKINS
21. PLANT AN HERB, VEGGIE, OR FRUIT
22. COMPOST FOOD SCRAPS AND YARD WASTE
23. USE REUSABLE SANDWICH BAGS
24. USE BEESWAX WRAPS INSTEAD OF PLASTIC WRAP
25. SKIP THE STRAW WITH TO-GO BEVERAGES
26. USE REUSABLE UTENSILS WHEN EATING OUT (KITS AVAILABLE ON OUR SITE!)
27. HOST A CLOTHING (OR ANYTHING!) SWAP WITH FRIENDS
28. WEAR NATURAL FIBER CLOTHING (COTTON, BAMBOO, SILK, ETC.)
29. BRING YOUR OWN TO-GO BOX WHEN EATING OUT
30. SWITCH TO SHAMPOO AND CONDITIONER BARS (AVAILABLE ON OUR WEBSITE!)
31. MAKE YOUR OWN PERSONAL PRODUCTS (CLEANING SOLUTIONS, LOTIONS, DEODORANT, TOOTHPASTE, ETC..)

For more tips and inspiration head to www.StandUpToTrash.com