

ORCA'S TEN WAYS YOU CAN HELP SAVE THE OCEAN



1. Learn to eat only sustainable seafood

For example, U.S. farm-raised oysters, mussels and clams are ocean-friendly. Cultivated on both coasts in eco-sensitive farming operations, these filter-feeders can actually improve water quality.

- *Alaskan Salmon, Tilapia and farmed Mussels or Oysters are sustainable choices! For a complete list of sustainable seafood choices in your region go to www.seafoodwatch.org*

2. Give a sustainable seafood card to your favorite restaurant

70% of all seafood consumed in the US is in restaurants. You may not know it, but seafood on restaurant menus is often endangered or imperiled.

- *Carry a Seafood Watch card in your wallet to guide your seafood choices (go to www.seafoodwatch.com).*
- *Ask your favorite restaurant to serve only sustainable seafood. Go to www.seafoodwatch.org to print "Become Aware", "Thank You" and "Action" cards to give to restaurant managers to let them know you care about our oceans. (www.seafoodwatch.org)*

3. Think about how all of your food is produced

Run-off from today's conventional agricultural practices is one of the major contributors of toxic endocrine disrupting hormones contaminating the ocean and its inhabitants.

- *Eat organic and locally grown food. Looking for local produce? Go to www.ams.usda.gov/farmersmarket and www.localharvest.org to find a list of local farmers markets. (www.consumerreports.org)*
- *Look for organically grown food in your grocery store and try to buy produce in season.*

4. Use phosphorus free cleaning products

Higher than normal phosphate levels encourage excessive algae growth that can harm water quality and destroy precious habitat for fish and other animals.

- *Switch to phosphorus free cleaning products such as Seventh Generation available at your local grocery store or Method available at Target.*
- *If you are unable to find phosphorus free products at your local store, try these online stores to have them delivered to your home:*

<i>Herbal Hut</i>	<i>www.herbalhut.com</i>
<i>Herb Trader</i>	<i>www.herbtrader.com</i>
<i>Kokopelli's Green Market</i>	<i>www.kokogm.com</i>
<i>Method</i>	<i>www.methodhome.com</i>
<i>Shaklee</i>	<i>www.shaklee.net</i>
<i>Simply Naturals</i>	<i>www.simplynaturals.com</i>
<i>Seventh Generation</i>	<i>www.seventhgeneration.com</i>

5. Don't put anything toxic down your drain!

Most common household cleaners, toiletries, and soaps are made from highly toxic substances. Pouring them down the drain often releases them to waterways that lead directly to the ocean.

- *Replace these products with eco-friendly, non-toxic brands. Vinegar and baking soda are safe alternatives for cleaning products, or buy eco-sensitive brands.*
- *Never put pharmaceuticals down the drain! Crush all unused pills and put them in a bag with kitty litter (or garbage) and place them in the trash.*
- *Pick up after your pets and use biodegradable bags so the waste breaks down.*
- *A good rule of thumb is to not put anything down the drain or toilet that you would not want to swim in! (<http://www.beachagent.com/ocean/Resources.htm>)*

6. Conserve electric power

Electric power generation produces more pollution than any other single industry in the U.S., resulting in acid rain, urban smog and global climate change—all of which adversely affect the ocean.

- *Use energy efficient, compact fluorescent lights wherever possible.*
- *Set your clothes washer to the warm or cold setting, not hot.*
- *Turn down your water heater thermostat. Thermostats are often set to 140° F when 120° is usually fine.*
- *Make sure your dishwasher is full when you run it, use the energy saving setting, and let the dishes air dry. (www.ecomall.com)*

7. Dramatically reduce the amount of plastic you use

The ocean is awash with non-biodegradable plastic debris, some so finely-ground up that it is digested by microscopic plankton, the very base of the ocean's food chain.

- *Use reusable shopping bags and biodegradable plastic products now made from corn, food starch and sugar cane. Available at www.simplybiodegradable.com or www.earthshell.com.*
- *Buy products that are in reusable or recyclable containers.*
- *Use mugs, glassware and tableware that is not made from paper or plastic.*
- *Use grocery bags for lining household trashcans instead of purchasing plastic liners. (www.erefdn.org)*

8. Participate in a Beach Clean Up

Celebrate World Ocean Day by participating in a beach clean up to help prevent plastics and other marine debris from injuring marine life.

- *Go to www.blueoceansociety.org for a list of local dates. Or better yet find a local boys and girls group (Boy Scouts, Boys and Girls Club, etc.) and encourage them to clean up a local beach for a community project.*
- *Take a garbage bag with you every time you go to the beach - go "trash collecting" instead of shell collecting.*

9. Make your lawn and garden healthy for children, pets and the planet

70 million pounds of toxic pesticides are applied annually in the US and much of it quickly ends up in your local waterways when heavy rains wash it away.

- *Start a compost pile to make your own fertilizer.*
- *Check a local coffee house to find used coffee grounds. Sprinkling coffee grounds around plants before rain or watering causes a slower-release of nitrogen, and adding grounds to your compost pile will increase nitrogen balance. (www.sustainableenterprises.com)*

10. Support Ocean Conservation Organizations

Less than 1/2 of 1% of all of the resources applied to non-profit environmental organizations in the U.S. goes to marine conservation. Help us change that!

- *Find a committed, non-profit organization (such as ORCA) working to protect and restore healthy marine environments and get involved. Educate yourself on the serious problems the ocean and its inhabitants face. Become part of the solution.*
- *Contact local government officials and let them know you are concerned about the health of our oceans and they need to do something about it. To find your local representatives go to <http://www.usa.gov/Contact/Elected.shtml>*



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