

Ten Things You Can Do To Reduce MARINE DEBRIS:

1. **Reduce, reuse, recycle, & refuse and re-invent!** Choose reusable items and fewer disposable ones. Please visit www.opala.org website to discover more recycling options (e.g., batteries, cans, cell phones, computers, fishing line).
2. Place all rubbish in trash cans with lids so it doesn't blow away. Keep streets, sidewalks, parking lots, and storm drains free of trash as they empty into our oceans. Throw all cigarette butts and bottle caps into refuse containers!!!
3. Encourage your tackle shops, docks, marinas, and fishing piers to provide adequate trash cans and recycling bins for used line and other trash. Bring your oil cans, food wrappers, cig butts back to shore. Visit www.berkeley-fishing.com/about_conservation.php#brp and www.floridaconservation.org/mrrp/index.asp for info on monofilament recycling programs.
4. **“Paper or plastic?” Neither!!!** Remember to bring and use your reusable shopping bags (www.ecobags.com and www.chicobag.com). In addition, “Less is More” – be mindful to select products with minimal packaging.
5. Instead of continually purchasing plastic-bottled water, use water filters, water coolers, and refillable stainless steel bottles instead of purchasing bottled water (www.kleankanteen.com & www.takebackthefilter.org).
6. Buy soft drinks in aluminum cans or glass, which can be redeemed and recycled (not down-cycled like plastic).
7. Encourage restaurants to use biodegradable (or at least #1 and #2 recyclable plastic) take-out food containers and utensils. Better yet, **bring your own!** (www.lifewithoutplastic.com and www.to-goware.com).
8. **Refuse over-packaged merchandise, and other single-use throw-away items such as:** disposable lighters, razors, cameras, coffee cups (www.ecocycle.org).
9. Avoid body care products containing tiny plastic "micro-scrubbers" that wash down the drain into our oceans (solution: make your own bath products – see other side).
10. Serve as an example to others. Practice 1 – 9 above and **participate in local beach cleanups**. To learn more about marine debris in Hawai‘i please visit www.wildhawaii.org or contact kahakai.cleanups@gmail.com.

In addition, be sure to write and speak to your elected officials & encourage them to support policies that protect our ocean!

Links to sources and more information:

Hawai‘i Wildlife Fund (www.wildhawaii.org) or contact kahakai.cleanups@gmail.com or 808/769-7629
National Oceanic and Atmospheric Administration (NOAA) – (<http://marinedebris.noaa.gov/marinedebris101/posters.html>)
The Ocean Conservancy – (www.oceanconservancy.org)
Conserve HI – (www.conservehi.org/pg-newsletters/newsletters-pdfs/2008-spr.pdf)

