

Ten Things *You* Can Do To Reduce MARINE DEBRIS

1. **Reduce, reuse, recycle, and refuse single-use plastics!** Choose reusable items and fewer disposable ones. Please visit www.recyclehawaii.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 http://www.boatus.org/monofilament/?gclid=CN_K746InckCFYZBfgodjfkFVQ for info on monofilament recycling programs.
4. **“Paper or plastic?” Neither!!!** Remember to use your reusable shopping bags (www.reuseit.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 metal and glass bottles instead of purchasing bottled water (www.libertybottles.com).
6. Buy soft drinks in aluminum cans or glass, which can be redeemed and recycled (not down-cycled like plastic). If you have to purchase something in plastic, select types that are recyclable locally.
7. Encourage restaurants to use biodegradable products (or at least #1, #2 & #5 recyclable plastic) take-out food containers and utensils. Better yet, **bring your own utensils and to-go ware!** (www.lifewithoutplastic.com and www.to-goware.com).
8. Avoid over-packaged merchandise, disposable lighters, razors, cameras, Styrofoam cups and clam-shell containers, and other throw-away items (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 – *ask us how!* – or use refillable products at your local natural food store).
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) or <http://marinedebris.noaa.gov/marinedebris101/welcome.html>!

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

Links to sources and more information:

- Hawai'i Wildlife Fund (www.wildhawaii.org) or call 808/769-7629
- National Oceanic and Atmospheric Administration (NOAA) (<http://marinedebris.noaa.gov/marinedebris101/posters.html>)
- Zero Waste Kaua'i (www.zerowastekauai.net)



Let's get SOCIAL! Follow us on FB @ www.facebook.com/hawaiiwildlifefund and @wildhawaii on Instagram & be sure to hashtag #wildhawaii #loveyourbeach #teamupcleanup #Litterati when you are helping to pick up marine debris/litter/'opala/discard from places it doesn't belong!