



**YOU Can Make a Difference!**  
**Commit Today to Take One Action for Thirty**  
**Days that will Reduce Trash in Our Oceans**



**Clean Up Oceans and Waterways**

- Participate in community clean-up days
- Pick up trash every time I go to the beach, lake or river.

**Carry My Own**

- Shopping bags
- Drinking bottle
- Drinking cup
- Straw (Say “no straw, please” when you order.)
- Utensils
- Tableware
- Take-out containers

**Choose Products without:**

- Microbeads
- Microfibers

**Other Actions**

- Use matches or a refillable metal lighter instead of disposable plastic lighters.
- Use a razor with replaceable blades instead of a disposable razor.
- Buy boxes instead of plastic bottles.
- Buy in bulk and use refillable containers. One large container is better than buying and using a bunch of small ones. And it saves you money!
- Buy only plastic that is recyclable - #1 and #2 and recycle it. (Avoid buying plastic with the number #3, #4, #5, #6 and #7.)