

# Special Feature

**22 ways to avoid plastic pollution**

Plastic is killing our oceans and we need your help to save the seas!

**VOVO OCEAN RACE**

**#strawfree**  
Go **straw free** or use bamboo, steel or glass straws

Use a **refillable water bottle**

Bring your **reusable bags** when you shop

Go **without sauce and condiments** if in single use plastic packets.

Buy **unpackaged, not plastic wrapped food**

Remember to **bring your own coffee cup** for takeaways

Bring your own **take-out containers**

**#bringyourown**

Go **topless** on your coffee cup - no plastic lids

**At least one truckload of plastic is dumped into the ocean every minute!**

Use **beeswax food wraps** instead of cling film

Have **plastic free parties** (balloons, plates, decorations)

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**Top 3 beach litter items**

- 1** Cigarette butts
- 2** Plastic bottles
- 3** Plastic bottle caps



The puffin—one of the beautiful birds Damian sees on the ocean.

Image courtesy of Damian Foxall

Damian Foxall, who features in this issue’s “All in a Day’s Work” on page 7, is a sailor and Ocean Health Ambassador. In his work, he sees first hand the plastics that are polluting our oceans and its effects on wildlife. The Volvo Ocean Race, in which Damian sails, has produced this excellent poster, showing 22 ways to avoid plastic pollution. Damian also explains here why the Earth’s limited natural resources must be used with care.

**T**he choices we make at the coffee shop, supermarket, in our homes, at work, on holidays, and enjoying events, all directly impact the fate of the seas.

Choosing alternatives to plastic products is one choice we can make. We must find better solutions to plastics, especially single use plastic. Can you think of any single use plastics and how we can refuse or replace them with something better?

We also need to start using more sustainable energy instead of relying on fossil fuels. A fossil fuel is a fuel that stored energy from the sun millions of years ago. For example, when we use oil we release carbon back into the atmosphere in a way that is causing global warming. We are lucky in Ireland because the Atlantic Ocean and wind provides us with wonderful renewable energy alternatives. Can you think of one? In fact, everything we do every day has an impact on the environment. Natural resources that are used to make every single item in your local shop. A natural resource example might be – energy, water, land, minerals. Can you think of anymore?

More and more products are now manufactured with care, taking into account the impact on our planet’s

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