

# How to help the Sea

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limited natural resources. It is important that we promote this by being careful of what we buy. Next time you go to the shop, ask yourself a few questions:

- Do I really need this?
- Where does it come from?
- Did it get shipped or flown from a long way away? Or is it local produce?
- How was it produced?
- What processes were used?
- Do I really know what the ingredients or contents are?
- How it is packaged?
- Is there too much plastic packaging?

## What you can do....

One of the best influencers we have is our money. Every time we buy something, we 'vote', saying 'I like this product, I think we should have more'. So use your money and your 'votes' wisely to promote sustainable locally-sourced products. Next time you visit your local shop, see what you can do to promote sustainable products and in turn help the sea.

### For more information visit:

<https://archive.theoceanrace.com/en/sustainability/education.html>  
and [www.seasynergy.org](http://www.seasynergy.org)



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**Avoid products with microbeads**

**Choose alternatives to disposable plastic razors, toothbrushes and cotton buds.**

**Use matches instead of lighters, and refillable pens instead of disposable pens**

**#plasticfree**

**Avoid buying plastic toys**

**It's estimated there will be more plastic than fish in the oceans by 2050**

**#binyourbutt**

**Use a personal butt bin. Never litter cigarette butts**

**Buy in bulk, and bring your tubs**

**Choose alternatives to plastic - choose durable over disposable**

**Photograph and report plastic pollution accumulation**

**Use soap bars rather than liquid soap in plastic**

**Join or start a local beach clean up group**

**Only use compostable baby wipes. Most others are made of plastic. Don't flush them!**

**Lobby for change to policies wherever you have influence**

**Thank you for keeping it clean!**

**Take litter off the beach every time you go**

**There are more micro-plastic particles in the ocean than there are stars in our galaxy**

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