

# Ways to Save the Sea:

- Replace plastic with glass or reusable alternatives and recycle other plastic
- Walk or ride a bike whenever possible
- Turn off lights and water when they are not being used
- Consider using tree-free paper products or cloth alternatives
- Reuse items whenever possible
- Take shorter showers
- Eat local
- Donate extra food and clothes
- Grow your own vegetables
- Lead by example to inspire others to live eco-friendly