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KEEP BEACHES & WATERWAYS CLEAN

Marine debris usually originates on land. Even if you live far from the coast, your litter ends up in the sea.

NO MORE MICROBEADS

Avoid products with microbeads – polyethylene particles widely used in toothpaste and exfoliating products.

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REDUCE USE OF PLASTICS

Bring your own reusable drink and food containers and use cloth bags at the grocery store.

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MAKE BETTER TRANSPORTATION CHOICES

Identify opportunities to ditch your car and walk, bike, or take public transportation.

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REDUCE HOUSEHOLD ENERGY USE

Unplug items not in use, identify and resolve energy inefficiencies in your home.

6

EAT SUSTAINABLE SEAFOOD

Use a seafood guide to make better decisions. Consider seafood sustainability when choosing a diet for your pet.



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USE FEWER GARDEN CHEMICALS

Pesticides and fertilizers seep into water sources and eventually into the sea.

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USE NON-TOXIC CLEANING PRODUCTS

Simple, non-toxic ingredients like vinegar, baking soda, or lemon juice are effective household cleaners.



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GET INVOLVED

Participate in beach cleanups, sign petitions, and vote to support legislators and laws that protect the ocean.

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ENJOY THE OCEAN

Increase your connection to the sea by surfing, diving, beachcombing, sailing, paddle boarding, kayaking, or anything that brings you joy!

THE GULF OF MEXICO IS A VERY SPECIAL PLACE, BUT IT'S AN ECOSYSTEM UNDER STRESS. Many factors,

like overfishing, climate change, agricultural runoff, and oil exploration impact the Gulf and ocean ecosystems around the world. But there's hope, and it starts with you.

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ways you can help protect the Gulf of Mexico