

# **How Can I reduce Ocean plastic pollution & plastic entering my body thru food?**

- \*There are 5.2 5 trillion pieces of plastic in our ocean.
- \*Plastics are beneficial, but pose big threats in Marine environments.
- \* With exposure to sun's UV rays, plastics degrade into chemicals that disrupt our body's hormones, especially in pregnant women and youth.
- \*Small pieces are ingested by marine fish/shellfish which we consume.

**You can make a difference! Take our pledge then Pass this message on.**

1. Use reusable shopping bags, water bottles a travel mug, not Styrofoam cups
2. Use reusable food containers for lunch and leftovers
3. Buy products in bulk to reduce plastic packaging. Skip the straw
4. Attend a beach/ community cleanup... Make oceans plastic-free.
5. Attend demonstrations & marches like Earth Day, environmental actions.
6. Champion ecologically friendly jobs for youth and unemployed.

\*Info from: Surfrider Foundation, Physicians for Social Responsibility, Plastic Pollution Coalition, Heal the Bay, Algalita, 5Gyres. **Visit us: [www.lamitopsail.org](http://www.lamitopsail.org)**

