



## PERSONAL PRACTICES TO SAVE ECOSYSTEMS

# Protecting the Ocean

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### FOOD

- 1. Fish.** Use the Monterey Bay Aquarium Seafood Guide ([www.seafoodwatch.org](http://www.seafoodwatch.org)) when purchasing fish or ordering fish in a restaurant. It lists the best and worst choices based on sources that are overfished and/or caught or farmed in ways that harm marine life.
- 2. Shrimp.** Avoid eating shrimp from the tropics (the large ones, sometimes called prawns) because of the threats to mangroves.
- 3. Organic food.** To prevent toxic runoff into waterways, purchase organic food grown by farmers who do not use synthetic fertilizers or pesticides. If you are shopping at a farmers' market and the produce is not labeled "organic," ask the farmer what fertilizers and sprays are used.

### YARD

- 4. Soil amendments.** Use organic soil amendments, such as compost, on your yard rather than synthetic fertilizers.
- 5. Pesticides.** Declare your yard a chemical-free zone; use natural methods of minimizing pests. See [www.govlink.org/hazwaste/house/yard/problems](http://www.govlink.org/hazwaste/house/yard/problems).

### PURCHASING

- 6. Plastic.** Because plastic is accumulating in the ocean and harming wildlife, avoid purchasing plastic products and packaging, and pick up any plastic litter you see. Take Styrofoam peanuts to a mail order house for reuse.

### HOME ENERGY

- 7. Electricity.** Because coal-fired plants are the largest source of mercury in the ocean, reduce electricity consumption to cut mercury emissions.
- 8. Other.** Because global warming threatens coral reefs and other marine life, take the actions listed on page 40, "Reducing Greenhouse and Ozone-Depleting Gases."