



YOUR PLASTIC-FREE CHECKLIST

This Plastic Free July, it's time to face a hard truth: plastic is everywhere. We know that we can't recycle our way out of this mess. That's why Oceana is campaigning to stop plastic pollution at the source – and you can help! Check out our plastic checklist to learn more about the massive plastic crisis and discover simple yet impactful ways you can partake in Plastic Free July and help create a plastic free future!

3 THINGS TO KNOW

- ☐ **Plastic is inescapable for ocean animals.** Over 900 species, including seabirds, fish, seals, sea turtles, and whales, are affected by plastic. Marine life is consuming or being entangled in everything from food wrappers and balloons to bags and packing straps.
- ☐ **Plastic has a huge carbon footprint.** Most single-use plastics are made from fossil fuels, which are notoriously warming our oceans and our climate. Plastic contributes to climate change at each stage of its life cycle. Current projections show plastic production tripling by mid-century, far outpacing recycling and resulting in more plastic in the ocean.
- ☐ **America's national parks are being marred by plastics.** Plastic pollution has no place in these treasured places. Despite this, the Department of the Interior recently reversed a policy to reduce single-use plastic in all 433 U.S. national parks, including more than 80 ocean and coastal parks.

3 THINGS TO DO

- ☐ **Hold leaders and companies accountable.** The most effective way to combat plastic pollution is to stop it at the source. Contact your local, state, and federal representatives and ask them to pass policies to reduce single-use plastic production. Call on corporations to change: tell Coca-Cola to recommit to a world without waste and increase reusable packaging today.
 - ☐ **Call for sustainable options.** Plastic foam is one of the most common plastics polluting our beaches and coasts. If you can, dine-in at restaurants with reusable plates and silverware instead of taking your food and drinks to go. And speak up for more sustainable options and say no to plastic foam!
- Take the Plastic-Free pledge!** A plastic-free future is within our reach, but only through collective effort! Pledge to help the oceans by tackling plastic pollution – not just this Plastic Free July, but every month.

LOOKING FOR MORE WAYS TO PROTECT THE OCEAN?

Make a donation to support Oceana's critical work to defend marine habitats. Your gift will help ensure our oceans remain vibrant and full of life for generations to come.

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