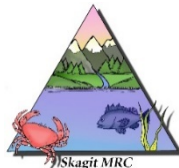


Plastic Waste Reduction Pledge

By making small changes in your everyday life, you can make a big difference in helping to protect local rivers, bays and the oceans they flow into. Pledge to do your part by checking the actions you will take below.

- 1. Use reusable shopping and produce bags instead of plastic bags
- 2. Refuse plastic drinking straws; opt for reusable or compostable
- 3. Use a reusable water bottle or coffee cup
- 4. Use reusable cutlery, cups & plates instead of plastic ones
- 5. Reuse, recycle, and opt for no packaging when possible
- 6. Compost your organic waste to use fewer garbage bags
- 7. Bring your own reusable container to the restaurant for leftovers
- 8. Learn more about how to host zero waste events or gatherings
- 9. Refuse to buy or use Styrofoam products
- 10. Dispose of or recycle plastic waste properly

Pledge to do at least two of the actions above then present your pledge form to one of our volunteers and collect a reward to help you on your way to reducing plastics in your daily life.



Name: _____

I pledge to do (insert numbers): _____

Email: _____

We will not share your email and will add you to our newsletter for more tips and techniques on how to reduce marine debris, especially plastics, harming our oceans.

Cut off this pledge form with your name/email and mail to: FOSB; PO Box 481; Anacortes, WA 98221. We will let you know where you can pick up your free reusable shopping and produce bags.

What are common types of marine debris?

- **Plastics** such as single-use water bottles, grocery bags, food wrappers, and cigarette butts
- **Microplastics** (pieces <5mm) that are manufactured or come from the breakdown of larger pieces of plastic
- **Derelict Fishing Gear (DFG)**
- **Abandoned and Derelict Vessels (ADVs)**

How YOU can help!

The best way to prevent large accumulations of debris from getting larger is to stop debris from entering the ocean in the first place.

GET INVOLVED

and participate in local cleanups in your area.

REMEMBER

that our land and sea are connected.

DISPOSE OF WASTE PROPERLY

no matter where you are.

REDUCE

the amount of waste you produce.

REUSE

items when you can. Choose reusable items over disposable ones.

RECYCLE

as much as possible! Bottles, cans, cell phones, ink cartridges, and many other items can be recycled.



Photo: NOAA



Photo: NOAA



Photo: Coral Bay Community Council



Photo: NOAA

Thanks for doing your part to protect our waterways and oceans from plastic debris