

Take Action for Seabirds

Small actions by individuals really do help. Together, we can make a big difference.

- Discuss why you care about climate change with others.
- Use less fossil fuels with efficient vehicles and appliances.
- Turn down air conditioning and heat.
- Turn off lights in rooms when not in use.
- Use public transit.

Reduce use of plastic as most of it eventually gets into the oceans.

- Never release helium filled party balloons (especially metallic coated balloons) as most eventually end up at sea where they can choke seabirds, marine mammals and turtles.
- Avoid using plastic straws, plastic utensils and one-use plastic bags. Explain to servers why you care.
- Pick up and recycle plastics along roadsides, walkways and public areas.

Eat sustainable seafood.

- At restaurants and markets, reference the Monterey Bay Aquarium's *Seafood Watch* program: <https://www.seafoodwatch.org/> Download the app.
- At restaurants, ask your server where seafood comes from. Starting conversations about sustainable seafood helps makes restaurants aware that people care.
- Look for the MSC (Marine Stewardship Council) when purchasing seafood.

Create bird friendly habitats.

- Avoid fertilizers and yard pesticides that poisons backyard wildlife and run off that eventually reaches oceans.
- Plant native plants.
- Reduce the size of mowed lawns.

Vote for elected officials that understand the urgency of ocean conservation.

Talk to your family, friends and neighbors about why you care about seabirds.

Become a seabird advocate!