



## TAKE ACTION FOR OUR SEAS!

**Feeling inspired to protect the marine environment? There are many ways you can help.**

Whether done on an individual basis, or done as a family, acting on some of the ideas below will help conserve our oceans. Even a small change can make a difference.

### Waste:

- ✓ **Reduce** – cut back on the amount that's thrown away, e.g. food waste, single-use plastic & clothing.
- ✓ **Reuse** – use reusable items, e.g. water bottles, coffee cups and cotton bags. Fix or turn old clothes into something new.
- ✓ **Recycle** – wherever possible!
- ✓ **Recover** – take rubbish out of the environment by picking up rubbish.



### Food:

- ✓ **Buy sustainably produced or caught food**—e.g. buy organic, or look for environmentally-friendly certified products.

### Carbon footprint:

- ✓ **Use public transport or car share**
- ✓ **Reduce air miles**— cut down on the distance covered by you, your food, and products by plane. E.g. Buy locally grown food rather than imported.

### Gather Evidence:

- ✓ **Take part in citizen science projects** – Help conserve species by taking part in surveys. This blog by Royal Society of Biology is a good place to start: <https://blog.rsb.org.uk/everyones-a-scientist-and-here-are-some-places-to-start/>.



### Support good causes:

- ✓ **Get involved in community events & practical conservation**—e.g. beach cleans and tree planting.
- ✓ **Write to your local member of parliament** - show your support for environmental policies.
- ✓ **Support environmental charities** - donate, volunteer, or help spread the word!

## SUPPORT OUR WORK

Like all charities, the Scottish Seabird Centre relies on the generosity of our members and donors to continue our work. If you'd like to support us, you can [donate](#) or even adopt a puffin, gannet or seal! Every penny we receive is invested in education and conservation. More information available on the adoption pages on our [website](#).

