

# 50 Ways To Save The Ocean Inner Ocean Action Guide

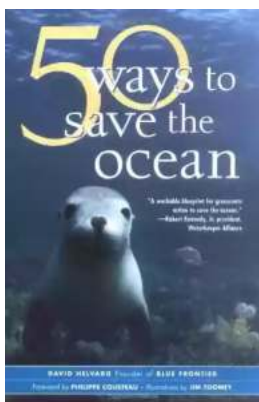
The ocean covers more than 70% of the Earth's surface and plays a crucial role in regulating our climate, providing habitat for diverse marine life, and supplying food and resources for billions of people. However, the health of our oceans is under threat from pollution, overfishing, and climate change. It is essential that we take action to preserve and protect this valuable resource for future generations. In this Inner Ocean Action Guide, we present 50 effective ways that individuals can make a positive impact and save the ocean.

## 1. Reduce Single-Use Plastic Consumption

Plastic pollution is one of the biggest threats to our oceans. By reducing our consumption of single-use plastics such as bags, bottles, and straws, we can significantly decrease the amount of plastic ending up in the ocean.

## 2. Say No to Plastic Bags

Switch to reusable cloth bags for your shopping needs. Keep a few in your car or bag at all times to avoid using plastic bags at stores.



## 50 Ways to Save the Ocean (Inner Ocean Action Guide) by David Helvarg(Kindle Edition)

★★★★☆ 4.1 out of 5

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### **3. Use a Reusable Water Bottle**

Invest in a durable and reusable water bottle. Refilling it with tap water will save money, reduce your plastic waste, and keep harmful chemicals from disposable plastic bottles out of the ocean.

### **4. Choose Sustainable Seafood**

Make informed choices when purchasing seafood. Support sustainably caught or farmed fish, which helps protect the ocean's fragile ecosystems and encourages responsible fishing practices.

### **5. Opt for Eco-Friendly Personal Care Products**

Switch to eco-friendly and biodegradable personal care products, such as shampoo bars and refillable containers, to reduce plastic waste from bathroom products that often end up in the ocean.

### **6. Reduce Chemical Usage**

Use environmentally friendly cleaning products and avoid harsh chemicals when possible. Chemicals from cleaning products can find their way into water systems and eventually reach the ocean, harming marine life.

### **7. Participate in Beach Cleanups**

Join local beach cleanup events or organize your own. Removing litter and plastic debris from beaches prevents them from being swept into the ocean and harming marine animals.

### **8. Conserve Water**

Be mindful of your water usage at home. Conserving water reduces the strain on freshwater sources, which ultimately affects the health of the ocean by reducing pollution runoff and maintaining a healthy balance of salt and fresh water.

## **9. Support Ocean Conservation Organizations**

Donate your time or money to organizations that work towards ocean conservation. They play a significant role in conducting research, advocating for policy changes, and raising awareness about the importance of protecting the ocean.

## **10. Educate Yourself and Others**

Stay informed about ocean-related issues and share your knowledge with others. By raising awareness and fostering a sense of responsibility, you can inspire more people to take action.

## **11. Reduce Carbon Footprint**

Climate change is impacting the health of our oceans. Reduce your carbon footprint by making sustainable choices such as using public transportation, conserving energy, and supporting renewable energy sources.

## **12. Properly Dispose of Hazardous Waste**

Avoid disposing of hazardous materials down drains or toilets, as they can end up in water systems and eventually reach the ocean. Instead, research proper disposal methods in your area.

## **13. Volunteer for Coastal Restoration Projects**

Participate in coastal restoration projects, such as planting dune grass or rebuilding coral reefs. These efforts help restore critical habitats and protect ocean ecosystems.

## **14. Support Sustainable Tourism**

When traveling, choose eco-friendly accommodations and tour operators that prioritize sustainable practices. Avoid activities that harm marine life or contribute to pollution.

## **15. Reduce Fertilizer and Pesticide Usage**

Excess fertilizer and pesticide use contributes to coastal pollution. Minimize the use of harmful chemicals in your garden and opt for organic alternatives instead.

## **16. Support Marine Protected Areas**

Advocate for the creation and maintenance of marine protected areas. These areas serve as safe havens for marine species and allow vital ecosystems to recover from human impacts.

## **17. Dispose of Fishing Gear Properly**

Improperly discarded fishing gear, such as nets and lines, can entangle marine animals and cause injury or death. Dispose of fishing gear responsibly and encourage others to do the same.

## **18. Limit Pesticide Usage**

Avoid using pesticides in your yard or garden. Pesticides can runoff into water systems and ultimately reach the ocean, harming marine life.

## **19. Support Local, Sustainable Farming**

Choose locally sourced, organic food options to support sustainable farming practices. By reducing the demand for factory-farmed products, you help prevent agricultural runoff from entering the ocean.

## **20. Reduce Energy Consumption**

Conserving energy reduces the demand for fossil fuels, which contribute to climate change and ocean acidification. Opt for energy-efficient appliances, turn off lights when not in use, and embrace renewable energy sources.

## **21. Properly Maintain Your Car**

Regular car maintenance helps prevent oil leaks and other harmful fluids from entering storm drains and polluting water systems that eventually lead to the ocean. Ensure your vehicle is in good condition to minimize environmental impact.

## **22. Support Sustainable Fisheries**

Choose seafood products that come from well-managed and sustainable fisheries. Look for certifications such as MSC (Marine Stewardship Council) to ensure your seafood choices are environmentally friendly.

## **23. Shop Responsibly**

Support brands that prioritize environmental sustainability and ethics. Avoid products that contribute to overfishing, habitat destruction, or pollution.

## **24. Plant Native Species**

When landscaping your yard, choose native plant species that require less water and chemicals to thrive. This reduces the risk of runoff into water systems and benefits local fauna.

## **25. Reduce Food Waste**

Minimize food waste by planning meals, storing food properly, and composting organic waste. The production and transportation of food contribute to climate change and impact the health of the ocean.

## **26. Spread Awareness on Social Media**

Use your voice to raise awareness about ocean conservation on social media platforms. Share informative articles, impactful images, and engage your friends and followers in discussions about the ocean's health.

## **27. Support Sustainable Aquaculture**

Choose farmed seafood options that adhere to sustainable aquaculture practices. Responsible fish farming can help alleviate the pressure on wild fish populations and protect the ocean.

## **28. Report Illegal Fishing Activities**

If you witness or suspect illegal fishing activities, report them to the relevant authorities. Illegal fishing contributes to overfishing, habitat destruction, and threatens marine biodiversity.

## **29. Support Legislations for Ocean Conservation**

Contact your local representatives and voice your support for legislation that aims to protect the ocean. Engage in public hearings or sign petitions to advocate for stronger measures against pollution and overfishing.

## **30. Reduce Cruise Ship Impact**

If you choose to take a cruise, research and select cruise lines that adhere to strict environmental guidelines and prioritize sustainable practices. Consider the environmental impact of your choices when planning your vacation.

## **31. Choose Non-Toxic Sunscreens**

Avoid sunscreens that contain harmful chemicals like oxybenzone and octinoxate, which can harm coral reefs and marine life. Opt for reef-safe or

mineral-based sunscreens instead.

## **32. Organize Cleanup Events**

Mobilize your community and organize beach or underwater cleanup events. Encourage your friends, family, and local organizations to participate and collectively make a positive impact on the ocean.

## **33. Advocate for Sustainable Fisheries Practices**

Support policies and practices that prioritize sustainable fishing methods, such as selective fishing gear and responsible fishing quotas. Emphasize the importance of long-term fishery management to ensure future generations can also enjoy the ocean's resources.

## **34. Reduce Microplastic Pollution**

Avoid using products that contain microbeads, a common source of microplastic pollution. Microbeads often end up in water systems and can harm marine life when ingested. Choose products with natural exfoliants instead.

## **35. Join Ocean Conservation Projects**

Participate in citizen science projects or volunteer for research initiatives that focus on ocean conservation. Your involvement can contribute to data collection and help scientists better understand and conserve the ocean.

## **36. Adopt Responsible Boating Practices**

If you own or rent a boat, ensure you adhere to responsible boating practices. Avoid anchoring on delicate coral reefs, steer clear of sensitive habitats, and dispose of waste properly.

## **37. Reduce Noise Pollution**

Excessive noise from boats, construction, or recreational activities can disrupt marine wildlife, leading to stress, hearing loss, and disrupted natural behaviors. Be mindful of noise levels and minimize disturbance to marine ecosystems.

### **38. Support Renewable Energy**

Advocate for and support the development of renewable energy sources such as wind, solar, and tidal power. Embracing clean energy alternatives helps reduce reliance on fossil fuels and mitigate climate change's detrimental effects on the ocean.

### **39. Be a Responsible Pet Owner**

Properly dispose of pet waste to prevent contamination of local water systems. Also, consider the impact of aquarium trade on wild populations and opt for responsibly sourced pets.

### **40. Inspire Others**

Lead by example and inspire others to join the movement to save the ocean. Engage with friends, family, and colleagues to help them understand the importance of ocean conservation and encourage them to take action.

### **41. Support Ocean Education Programs**

Donate to or volunteer for organizations that offer educational programs about the ocean and its importance. By increasing ocean literacy, we can promote a stronger sense of stewardship among future generations.

### **42. Choose Eco-Friendly Transportation**

Whenever possible, choose eco-friendly transportation options such as walking, biking, or using public transportation. Reduce your carbon footprint and minimize pollution that can reach the ocean.



### **43. Divert Rainwater Runoff**

Install rain barrels or redirect rainwater to gardens or lawns. This reduces the amount of pollution that enters storm drains and eventually reaches the ocean.

### **44. Support Ocean Research**

Contribute to organizations and initiatives that fund ocean research. Increased scientific knowledge can help inform better conservation strategies and improve our understanding of the challenges facing the ocean.

### **45. Be Mindful of Your Carbon Offset**

If you choose to offset your carbon emissions, ensure you carefully research and select reputable carbon offset projects that have tangible environmental benefits. Support initiatives that directly contribute to ocean conservation.

### **46. Promote Sustainable Urban Planning**

Advocate for sustainable urban planning in your community. Encourage green spaces, smart waste management systems, and environmentally friendly infrastructure to limit pollution and protect the ocean.

### **47. Reduce Cruise Ship Impact on Port Communities**

Support local economies and responsible tourism in port communities impacted by cruise ship activities. Choose experiences that benefit local businesses and respect cultural and environmental sensitivities.

### **48. Organize Educational Workshops**

Host educational workshops or webinars to raise awareness about ocean conservation in your community. Offer practical tips, share success stories, and discuss local initiatives.

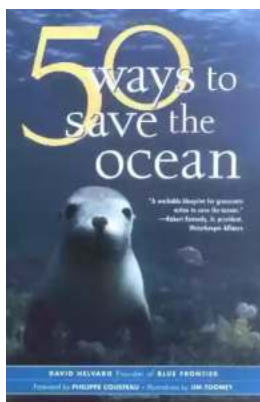
## 49. Reduce Noise Pollution Underwater

If engaging in water activities, be mindful of the noise you create underwater. Excessive noise disrupts marine life and can negatively impact their behavior, communication, and foraging abilities.

## 50. Never Release Non-Native Species

Never release non-native species into the wild, especially marine environments. Introducing non-native species can drastically disrupt local ecosystems and harm native species.

The ocean is a precious resource that requires our protection and care. Each and every one of us can make a difference by implementing these 50 ways to save the ocean. Together, we can ensure a healthy and thriving ocean for generations to come.



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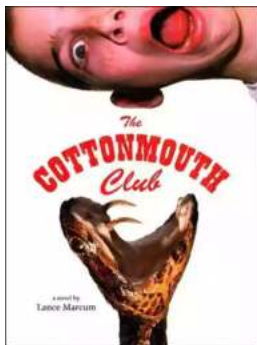
The oceans, and the challenges they face, are so vast that it's easy to feel powerless to protect them. *50 Ways to Save the Ocean*, written by veteran environmental journalist David Helvarg, focuses on practical, easily-implemented actions everyone can take to protect and conserve this vital resource. Well-

researched, personal, and sometimes whimsical, the book addresses daily choices that affect the ocean's health: what fish should and should not be eaten; how and where to vacation; storm drains and driveway run-off; protecting local water tables; proper diving, surfing, and tide pool etiquette; and supporting local marine education. Helvarg also looks at what can be done to stir the waters of seemingly daunting issues such as toxic pollutant runoff; protecting wetlands and sanctuaries; keeping oil rigs off shore; saving reef environments; and replenishing fish reserves.



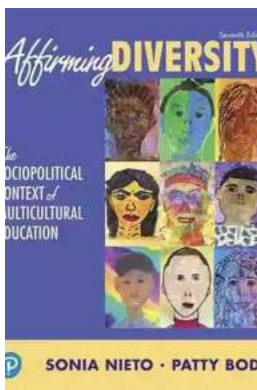
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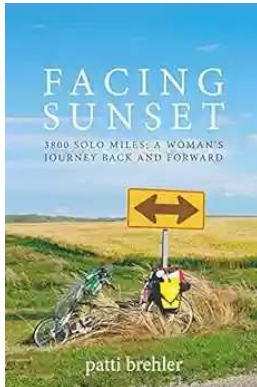
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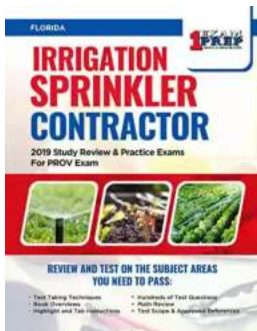
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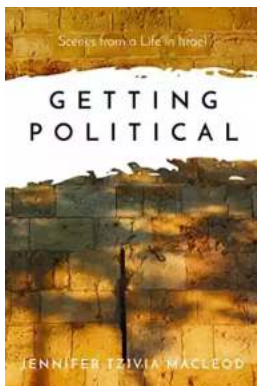
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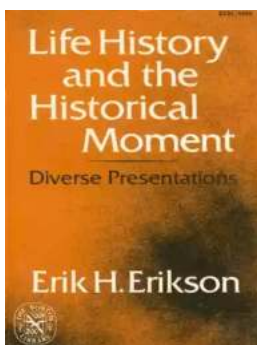
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