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### GET INVOLVED

Participate in beach cleanups, sign petitions, and vote to support legislators and laws that protect the ocean.

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### ENJOY THE OCEAN

Increase your connection to the sea by surfing, diving, beachcombing, sailing, paddle boarding, kayaking, or anything that brings you joy!

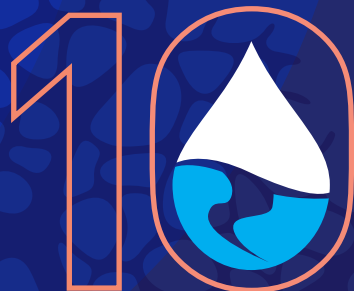
## THE GULF OF MEXICO IS A VERY SPECIAL PLACE, BUT IT'S AN ECOSYSTEM UNDER

**STRESS.** Many factors, like overfishing, climate change, agricultural runoff, and oil exploration impact the Gulf and ocean ecosystems around the world. But there's hope, and it starts with you.

# ECOGIG

Gulf Ecosystem Research

## ECOGIG.ORG



ways you can help protect the Gulf of Mexico



1

### KEEP BEACHES & WATERWAYS CLEAN

Marine debris usually originates on land. Even if you live far from the coast, your litter ends up in the sea.

### NO MORE MICROBEADS

Avoid products with microbeads – polyethylene particles widely used in toothpaste and exfoliating products.

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### REDUCE USE OF PLASTICS

Bring your own reusable drink and food containers and use cloth bags at the grocery store.

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### MAKE BETTER TRANSPORTATION CHOICES

Identify opportunities to ditch your car and walk, bike, or take public transportation.

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### REDUCE HOUSEHOLD ENERGY USE

Unplug items not in use, identify and resolve energy inefficiencies in your home.

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### EAT SUSTAINABLE SEAFOOD

Use a seafood guide to make better decisions. Consider seafood sustainability when choosing a diet for your pet.



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### USE FEWER GARDEN CHEMICALS

Pesticides and fertilizers seep into water sources and eventually into the sea.

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### USE NON-TOXIC CLEANING PRODUCTS

Simple, non-toxic ingredients like vinegar, baking soda, or lemon juice are effective household cleaners.

