

ACTION GUIDE

Let's reduce plastic pollution!



By 2050, plastic is expected to outweigh fishes in the ocean. The Great Lakes could face a similar fate. Plastic does not decompose. Instead, it breaks down into smaller and smaller pieces that over time become a big problem for our oceans, lakes and rivers—and the animals that call them home.

YOUR ACTION IS NEEDED TO KEEP PLASTIC POLLUTION OUT OF THE ENVIRONMENT

1 Refuse single-use plastic items like bottles, bags, cups, straws, containers and cutlery.



2 Remember your reusables! Limit your plastic footprint with every coffee shop visit, grocery store run and dinner out.

3 Represent the fishes, birds and other aquatic life that cannot speak for themselves. Let policymakers and businesses know you want a plastic-free future, and support those who are leading the way.

4 Restore local shorelines by joining Shedd for one of our Lake Michigan or Chicago River cleanups.

WHAT DO YOU USE?

Tracking your use of plastic is an easy way to identify the plastic items you use the most and to find opportunities to switch to reusable alternatives. **Tally how many of these single-use plastics you use throughout one week**

ITEM	WEEKLY TALLY	TOTAL
Plastic straws		
Plastic beverage bottles		
Coffee cups (hot or cold)		
Plastic utensils		
Plastic bags		
Take-out containers		
Other _____		

MAKE A PLEDGE TO REDUCE ONE OR MORE OF THESE ITEMS.

Share your pledge on social media so we can track our collective impact! [@shedd_aquarium](https://twitter.com/shedd_aquarium)

I, _____, **pledge to REDUCE PLASTIC POLLUTION!**

I pledge to reduce my use of _____ by _____.