

## DID YOU KNOW?

By 2050 there will be more plastic than fish in the ocean.

**But you can help change this statistic!**

**Use this table & read about our tips to start reducing your usage of single use plastic items.**

For more information about our next events, beach cleanups, habitat restoration, volunteer opportunities or how to make a donation, visit our website:

**[WWW.PACIFICBEACHCOALITION.ORG](http://WWW.PACIFICBEACHCOALITION.ORG)**

*Thank you!*



## MAKE A DIFFERENCE

- Join a beach cleanup
- Help restore native habitat
- Use reusable water bottles
- Use reusable food containers
- Use Earth friendly soaps/detergent
- Choose bamboo over plastic
- Use cloth sandwich bags over Ziplocs
- Use bee wax paper over cellophane
- Pick up litter near your home
- Say "NO" to single use plastic
- Aim for ZERO waste
- Act local, think sustainable
- Pick up pet waste & poop BAG
- Refuse, Reduce, Reuse

## SUPPORT OUR MISSION

We believe in healthy oceans and trash free coastlines. Thanks to our beach cleanups, native habitat restoration and free community events, we can provide accessible education for all. Here is how you can help us keep our programs afloat and thriving:

- Become a supportive member
- Make a one time donation
- Schedule monthly donations
- Donate new supplies
- Become a site captain
- Donate your time



## HOW BIG IS YOUR PLASTIC FOOTPRINT?

REFUSE | REDUCE | REUSE  
TRACK YOUR PLASTIC FOOTPRINT FOR A WEEK &  
LEARN HOW YOU CAN MAKE A DIFFERENCE WITH  
THE PACIFIC BEACH COALITION

# MY WEEK OF PLASTIC / TRACKING TABLE

DAYS	Plastic Bags 	Food Wrappers 	Utensils 	Containers (to go box, yogurt...) 	Bottles & Cups (water, juice, soft drinks...) 	Small Items (bread clips, caps, straws...) 	Misc. Plastic (zip lock bags, lids...) 
Example							
DAY 1							
DAY 2							
DAY 3							
DAY 4							
DAY 5							
DAY 6							
DAY 7							
TOTAL							

Use this table to track your plastic usage throughout the week. Make sure to count all the disposable and single use plastic items. Tally and track, then use the total row to see how you did at the end of one week.

HOW DID YOU DO?

We would love to know! Take a picture and share your thoughts on Facebook or Instagram, make sure to tag us @pacificbeachcoalition

