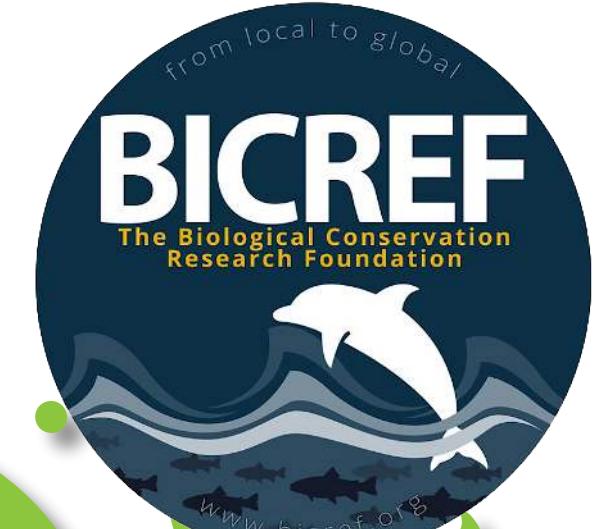


BEST PRACTICES TO PROTECT OUR SEAS



1. Eat fish responsibly

Buy fish caught in a sustainable manner; choose fish caught by local artisanal fishermen; buy fish according to their seasonality; try new flavours by diversifying the purchase of fish products; choose certified and labelled fish products.



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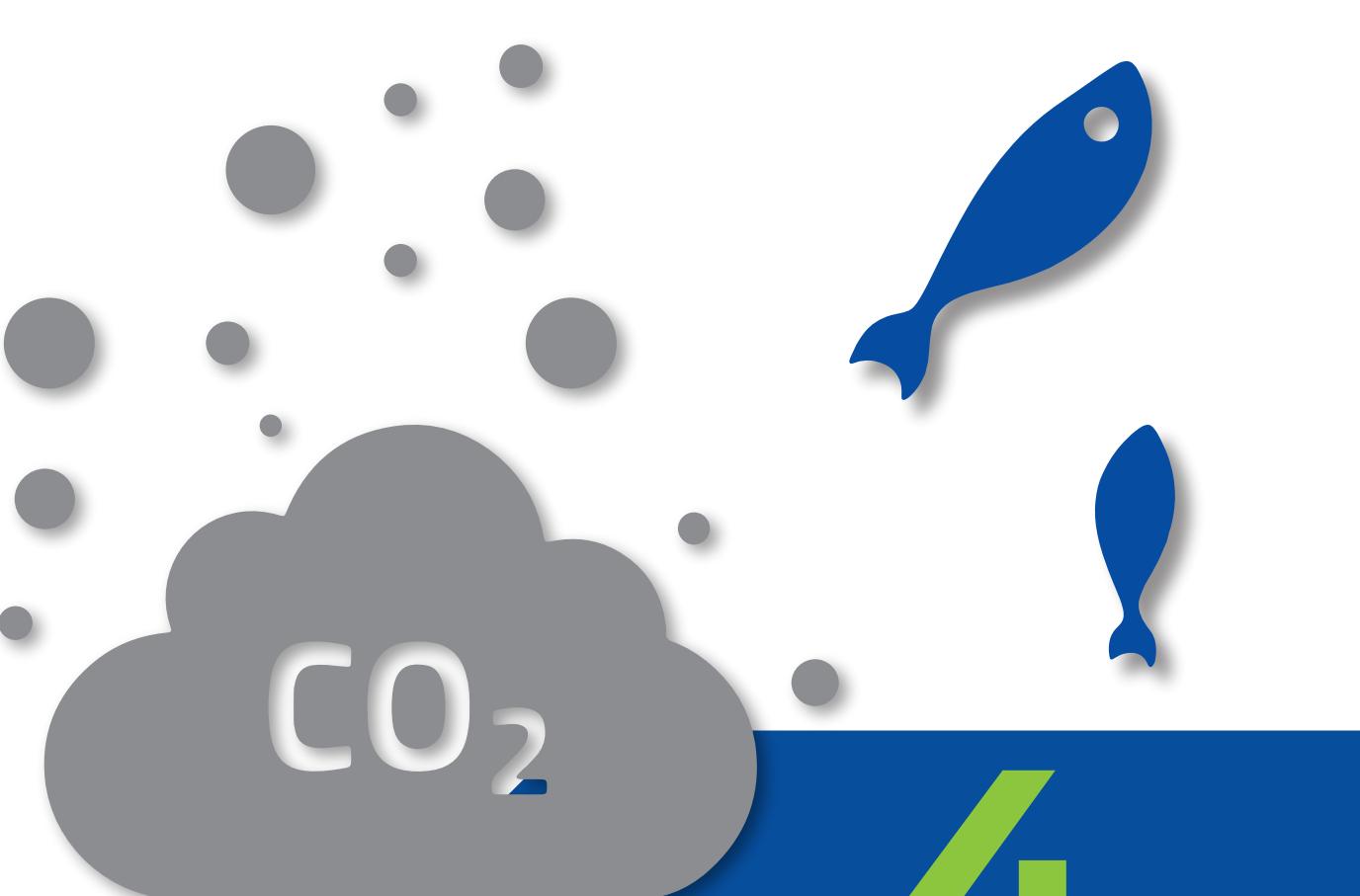
2. Reduce plastic waste

In the world, only 9% of the produced plastic is recycled. A large proportion of the plastic is disposed incorrectly, with some ending in the ocean, taking hundreds of years to degrade. You can reduce plastic waste by purchasing unpackaged products; eliminate the use of single-use plastic products; shop for products using reusable bags and glass containers; stop the consumption of chewing gum as this is made up of plastic and drink filtered tap water from reusable bottles.



4. Reduce energy consumption

The survival of marine species is at risk due to ocean acidification. This happens because the sea absorbs carbon dioxide emitted by human activities. We can all contribute to reducing polluting emissions by traveling on public transport or by bike instead of using personal vehicle; by using LED lights; by choosing to take the stairs instead of the lift; and by avoiding the waste of electricity such as the use of unnecessary lights.



3. Protect the beaches

Dispose of waste material in the designated containers and invite others to do the same. When you join coastal cleaning groups, do not trample on the plants in the sand dune area; remove sand from the waste before throwing it away; and do not remove the seagrass that is present on the beach. Remember that cleaning is best organized from the end of summer to the end of winter, to avoid causing damage to the nests of vulnerable species such as sea turtles and birds.

