

# The sea and me

Even if you live far from the sea, there's lots you can do every day to make our sea healthier...

## 1 Say no to straws!

Straws never decompose and have been found in the stomachs of marine animals. If you really want to use a straw, then get a reusable metal one.



## 3 Think reusable

Take shopping bags out with you, and buy a reusable water bottle.



## 2 Don't let go

What goes up must come down! Balloons are very bad for wildlife so please don't let go.



Leave only footprints!

## 4 Say yes to sustainable fish

Where you can, choose fish caught locally, in season and using the best methods. Find out more at [cornwallgoodseafoodguide.org.uk](http://cornwallgoodseafoodguide.org.uk)

