Feeling inspired to protect the marine environment? There are many ways you can help.

Whether done on an individual basis, or done as a family, acting on some of the ideas below will help conserve our oceans. Even a small change can make a difference.

**Waste:**
- **Reduce** – cut back on the amount that’s thrown away, e.g. food waste, single-use plastic & clothing.
- **Reuse** – use reusable items, e.g. water bottles, coffee cups and cotton bags. Fix or turn old clothes into something new.
- **Recycle** – wherever possible!
- **Recover** – take rubbish out of the environment by picking up rubbish.

**Food:**
- **Buy sustainably produced or caught food**—e.g. buy organic, or look for environmentally-friendly certified products.

**Carbon footprint:**
- **Use public transport or car share**
- **Reduce air miles**— cut down on the distance covered by you, your food, and products by plane. E.g. Buy locally grown food rather than imported.

**Gather Evidence:**
- **Take part in citizen science projects** – Help conserve species by taking part in surveys. This blog by Royal Society of Biology is a good place to start: [https://blog.rsbg.org.uk/everyones-a-scientist-and-here-are-some-places-to-start/](https://blog.rsbg.org.uk/everyones-a-scientist-and-here-are-some-places-to-start/).

**Support good causes:**
- **Get involved in community events & practical conservation**—e.g. beach cleans and tree planting.
- **Write to your local member of parliament** - show your support for environmental policies.
- **Support environmental charities** - donate, volunteer, or help spread the word!

**SUPPORT OUR WORK**
Like all charities, the Scottish Seabird Centre relies on the generosity of our members and donors to continue our work. If you’d like to support us, you can [donate](https://www.seabird.org/donate) or even adopt a puffin, gannet or seal! Every penny we receive is invested in education and conservation. More information available on the adoption pages on our [website](https://www.seabird.org/adoption/).