

# PLASTIC FREE GUIDE

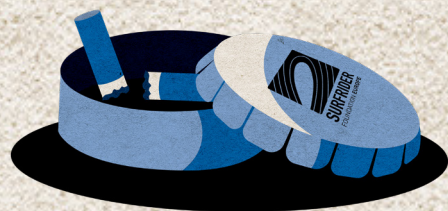
## ENJOY AN OUTDOOR LUNCH

Summer is just around the corner and it's our favorite season for sun, saltwater, and sustainable picnics! With just a few easy swaps you can make sure that your mealtimes are fun for you and respect the ocean, too.



### FAVOR LOCAL AND LOW IMPACT

An ocean-friendly lunch doesn't start when we sit down in the grass, it begins at the supermarket. Shopping while respecting the environment is not always easy, but it is manageable with a few simple habits. To minimize packaging waste, always favor buying in bulk and choose produce that is free from plastic. To reduce the climate impact of your meal, opt for local, organic, and seasonal goods whenever possible. Shopping seasonally and locally lowers the use of resources needed to fly your foods in from faraway places, while choosing organic prevents harmful pesticides from contaminating our water sources. Plus, it allows us to take full advantage of the food's nutritional benefits. Better for the environment, but also for our health!



### POCKET ASHTRAYS TO PREVENT POLLUTION

It is no secret that cigarette butts contain dozens of toxic chemicals. Alone, one cigarette butt is capable of polluting 500 liters of water. And yet, every year, 2.3 million tons of cigarette butts are thrown back into nature (if you pile them all up, it's equivalent of the size of Mont Blanc). In spite of all this, what many people tend to forget is that when they are thrown on the ground, in the city or on the beach, the butt will always end up in the same place: the Ocean. 80% of the pollution of the Ocean comes from inland sources. So even during a picnic in the forest or in town, smoker or not, adopt the good reflex: the pocket ashtray (or the nearest trashcan)!

### MAKE YOUR TAKE AWAY OCEAN FRIENDLY

An invitation to a last-minute lunch, no time to prepare your meal... what about take-away? Disposable containers and cutlery, plastic bottles, food waste... take-away can be a real disaster for the environment. But today, more and more restaurant owners are becoming more aware of this issue and taking steps to improve their offerings. To help them in this transition, Surfrider Foundation provides the Ocean Friendly Restaurants program, a voluntary certification that acknowledges restaurant owners' efforts to take a more environmental approach. Look around you, an OFR may be nearby! If not, it is always possible to pay attention to the packaging and products used by restaurants and choose the one that says no to plastic and cooks seasonally. Today, there are many restaurants that suggest you bring your own container or offer deposit programs. These are a great place to start!

### OCEAN FRIENDLY RESTAURANTS



### WRAP IT RESPONSIBLY

Salad, check. Sandwiches, check. Lemonade, check. Dessert, check. But now, how do we package everything up to take on the go? Instead of reaching for the plastic wrap or aluminum foil, get to know the reusable food wrap that's changing the way we picnic: beewrap! **EASY TO MAKE YOURSELF**, this piece of tissue covered with beeswax preserves food without using plastic and it can be sized to fit any container or snack item (fruits, vegetables, sandwiches...). They can be used over and over again without creating excess waste. Plus, it gives new life to some of your favorite old fabrics!



### GET CREATIVE WITH CONTAINERS YOU ALREADY HAVE

Carrying your lunch without producing extra waste has never been easier, and reusable containers have become the number one accessory for a successful picnic. Today many great alternatives exist to disposable packaging, but even before buying new, why not explore what's laying around in your cupboards? For example, an old bean jar can be the perfect container for a salad. Repurpose a smaller glass jar for your dressing! Nothing could be simpler, more practical and economical. In addition to the container, eliminate all disposable items from your picnic table. Single use plastic cutlery, straws, cups and bottles are used for an average of 10 minutes while leaving a permanent impact on the Ocean. No more plastic, long live reusable!

