





# 30 Days to a Sustainable You



My family and/or I:	Always	Usually	Sometimes	Never
Eat or buy sustainable seafood				
Eat sustainable foods				
Eat locally grown foods				
Buy locally produced products				
Recycle:				
paper				
plastic 				
glass 				
cans 				
other				
Reuse (or use)				
reusable lunch containers 				
refillable water bottles				
dishes and plates (instead of disposable)				
Reduce				
carpool				
walk				
ride bike				
ride a bus or public transportation				
other				
Other				

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**Take the 30 Day Challenge:** If you said *Never* to any of these, **in the next 30 days**, can you make it a *Sometimes*? If you said *Sometimes*, are there ways to push that to a *Usually*? While it may not be realistic to make all of these *Always*, there is one we must all answer with an *Always*. **Always choose, buy, or eat sustainably caught seafood.** Read how in our *What is Sustainable Seafood*.

Take this survey again in 30 days and see how you did. Then take it again in another 30 days.

*Let's save the ocean together.*