

Making Everyday Choices For A Healthier Ocean

The choices we make every day can make a difference.



**WHITE
SHARK
PROJECTS**

By shopping more thoughtfully, reducing waste and using resources responsibly, we can help protect our planet and our ocean.





Buy Pre-loved

Before buying something new, consider whether you can buy it pre-loved, borrow it, or rent it instead. Many pre-loved items are still in excellent condition. Reusing products helps extend their life, reduce waste, and can save you money



Use Reusable Shopping Bags

Keep reusable shopping bags handy and take them with you whenever you shop.

Using the same bags again and again helps reduce our reliance on single-use plastic and paper bags.





Buy Local Products

Whenever possible, choose products that are made or grown locally. Supporting local producers helps strengthen local businesses and

communities, while shorter supply chains can also reduce the distance goods need to travel.



Buy Food In Season

Choose fruit and vegetables that are naturally in season where possible.



Seasonal produce is often fresher and may require less energy for growing, storage and long-distance transport. It can also encourage us to enjoy a greater variety of foods throughout the year





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Choose Recycled or Recyclable Packaging

Where possible, choose products with minimal packaging or packaging made from recycled or recyclable materials.

Making more thoughtful packaging choices can help reduce unnecessary waste

Reuse Containers

Before throwing away jars, tubs or containers, think about whether they can be reused for storage or another purpose. Giving packaging a second life can help reduce waste and make everyday items more useful



Avoid Pre- Washed, Pre-Packaged

Pre-washed fruit, vegetables and salad mixes can be convenient, but they often come with extra plastic packaging and may cost more. Where practical, choose loose or minimally packaged produce and wash it at home instead



Think Before You Buy

Before making a purchase, ask yourself whether you really need it and whether you will use it regularly. Buying

more thoughtfully can help reduce unnecessary consumption and waste





Plan Your Shopping Trips

Plan ahead and combine shopping trips and errands where practical. Avoiding unnecessary

journeys can help save fuel, reduce emissions and save you time.



Consider Reusable

Where practical, reusable nappies can be an alternative to disposable nappies. They can help reduce household waste and may also save money over time.



Choose Reusable or Lower-Waste Personal Care Products

Reduce waste by choosing reusable or lower-waste alternatives where practical, such as washable facial pads, menstrual cups, reusable safety razors and bamboo-stemmed cotton buds.



Buy Energy-Efficient Appliances

When replacing appliances, look for energy-efficient washing machines, fridges, dishwashers, ovens and office equipment. Energy-efficient appliances can reduce electricity use and save money over time.



Combine Online Deliveries

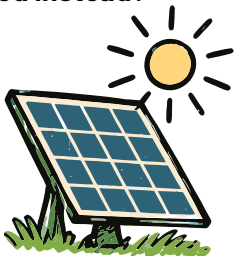
When shopping online, combine orders where possible and choose consolidated or slower delivery options. Fewer individual deliveries can help reduce transport emissions.



Rethink Your Wardrobe

Buy less and choose clothing that is durable, well made and likely to be worn often. Consider repairing, swapping or buying pre-loved

before purchasing something new. Before buying, ask yourself: Do I need it? Will I wear it often? Can I buy it pre-loved instead?





Choose Solar-Powered Products

When replacing appliances, look for energy-efficient washing machines, fridges, dishwashers, ovens and office equipment. Energy-efficient appliances can reduce electricity use and save money over time.

Choose Lower-Impact Cleaning Products

Choose biodegradable or lower-impact cleaning products where possible, particularly products that are gentler on water systems. Look for credible environmental certifications and research brands to better understand the claims they make.



Small choices add up. Thank you for helping us protect our ocean.

