

World Oceans Day

JUNE 8, 2013



Everyone enjoys a day at the beach, but the ocean means so much more to us than fun in the sun. The ocean makes planet Earth home: it provides us with food, water, commerce, recreation, medicine, a wealth of biodiversity, and endless inspiration. Did you know that we use the ocean to conduct 90% of our international trade and 50% of our communications, but we've only explored 10% of it? Whether you're in a coastal city or far inland, the water around you ends up in the ocean downstream. It is the great connector—no matter what country you're from; we're all citizens of the ocean.

Join Sea Port's Wear Blue & Tell Two campaign in recognition of World Ocean's Day, June 8th – the United Nation's designated day for the global community to celebrate and take action for our shared ocean.

SEA PORT'S WEAR BLUE & TELL TWO:

Buy and eat a variety of seafood and embark on a seafood adventure! Make it your goal to eat more nutritious, delicious seafood. What makes seafood such an exciting culinary choice is that there are so many varieties available today, all of it packed with vitamins, minerals, and high quality protein. Without question, seafood fits the "good for everybody" category, so enjoy seafood at least twice a week, and consume more farm-raised seafood to relieve pressure on our wild stocks! Sea Port has its own Go Blue! Plate, Choose My Seafood for Sustainability to help guide us on what to eat and how often for sustainability!

Check it out at <http://www.cport.net/home-port/go-blue/go-blue-plate>

Support sustainable seafood! We believe seafood, both wild and farmed, is one the world's most sustainable protein sources, and we support initiatives that keep our oceans and seafood resources healthy and productive with minimal impact on the environment. We're teaming with industry partners and responsible suppliers to source sustainable seafood and help move the needle forward on needed sustainability initiatives. We are also listening carefully to world-acclaimed scientists such as Dr. Ray Hilborn of the University of Washington.

<http://www.youtube.com/watch?v=BXwGyn0UCIM> We hope you will show your support by buying seafood from responsible sources—and supporting suppliers and organizations that make the health of the oceans and ocean resource a priority.



Every global citizen is responsible for the health of our shared ocean. This year, make positive changes in your own life that will also benefit the ocean. Take the Seven C's Pledge for ocean conservation:

- **Commit to making a real difference**
Aim to be carbon neutral by reducing and offsetting your energy consumption.
- **Conserve in your home**
Upgrade to Energy Star appliances and compact fluorescent light bulbs.
- **Commit to using water wisely! It's up to us to preserve our precious fresh water.**
- **Consume consciously**
Rethink what you need, purchase "green" products, buy locally grown foods, and choose sustainable seafood.
- **Communicate your interests and concerns**
Let your friends, family, colleagues, and the local media know about the impact of climate change on the ocean.
- **Challenge yourself daily**
Walk, bike, carpool, and take public transportation to cut down your carbon emissions.
- **Connect in your community**
Get active as a volunteer with a local watershed or ocean group.



SEA PORT.