

Sky Ocean Rescue

Today, I supported Sky Ocean Rescue and committed to #PassOnPlastic.

Launched in January 2017, Sky Ocean Rescue aims to shine a spotlight on the issues of ocean health, particularly single-use plastic, and inspire people to make small changes.

Sky Ocean Rescue's whale, Plasticus, which is made up of a quarter of a ton of plastic – the amount that enters our oceans every second, came to Parliament, to bring to life the scale of the problem.

Here are the top tips on how you can #PassOnPlastic

Drink out of a refillable water bottle

Use a bag for life

Avoid products that contain microbeads

Buy cotton buds with cardboard rather than plastic stems

Swop your wet wipe for a flannel

Use a metal or glass straw

Buy fruit and veg loose rather than in plastic packaging

Give up plastic cutlery

Bring your own travel mug to your favourite coffee shop

We all have a role to play in saving our oceans. Small changes = big difference!