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10 Tips for Taking Action and Protecting the Ocean Every Day

Structure : France Nature (ocean conservation)



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Summary

- Reduce Your Waste
- Eat fish sustainably
- Support responsible practices on land and at sea
- Get involved for the ocean and the planet

Plastic waste, overfishing, industrial pollution… The impacts of human activities on the oceans are numerous and most often begin on land. Whether or not you live near a coastline, you can take action to reduce them: discover in this feature our 10 practical tips for helping to protect the oceans in your daily life.

1 Dispose of your trash in a trash can

The first step to avoid worsening ocean pollution is to always throw your trash—even if it seems as small and insignificant as a cigarette butt—in a trash can.

2. Reduce plastic in your purchases

Plastic is everywhere in our lives, but there are several ways to reduce it. The second habit to adopt: avoid unnecessary packaging and opt for reusable items (water bottles, bags, Tupperware, etc.).

3 Help keep nature cleaner

Waste collection events are regularly organized throughout France by associations affiliated with the FNE movement, such as Surfrider or the French Hiking Federation. Analyzing the collected waste also helps drive action to reduce plastic use at the source.

4 Diversify your fish consumption

8 kilograms per person per year: that's the ideal sustainable consumption level. Yet in France, our average consumption is 33 kg!

Two species alone account for between 40% and 50% of seafood consumption: salmon and cod. Instead, opt for seasonal fish from stocks that aren't overfished.

5 Reading Labels

In Europe, it is mandatory to indicate the fishing method on labels. You can therefore easily avoid the most destructive techniques for marine life, such as bottom trawling, pelagic trawling, or set gillnets. As for boat size, we recommend choosing boats under 12 meters to support less predatory and more artisanal fishing.

6 Short supply chains exist for fish, too

Do you live near the sea? Head to the small fishermen's stands near the harbor. Are you more of a city, countryside, or mountain person? Check out what companies like Poiscaille or Pour de bon offer—food marketplaces connecting producers directly with consumers. The benefits of these short supply chains: fresh, French-sourced fish that ensures fair compensation for fishermen.

7 Water sports: watch out for the impact!

Motorized water sports (jet skis, towable sports, etc.) can severely disrupt marine biodiversity.

Opt for low-impact activities, such as scuba diving, canoeing, or surfing. Similarly, marine observation activities should be conducted under certain conditions to allow you to discover the richness of marine biodiversity without risking harm to it.

8 Support organic farming

As a logical consequence of the water cycle, land-based pollution almost always ends up in the ocean. Support organic farming through your purchases and avoid consuming products from intensive livestock farming.

9 Limit the impact of my textiles

In addition to microplastics, the textile fibers and laundry detergent we use contain toxic substances that are released into the wash water. Limit how often you wash your clothes and, above all, choose eco-friendly clothing and laundry detergent.

10 Take action!

The 6,200 associations of the France Nature Environnement movement work every day to protect nature and the environment. Changing agricultural practices, energy transition, improving air and water quality, protecting species and habitats, creating marine protected areas, reducing waste, preventing industrial risks… We take action in court or on the ground, wherever nature needs us!

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https://fne.asso.fr/dossiers/10-conseils-pour-agir-et-preserver-l-ocean-au-quotidien