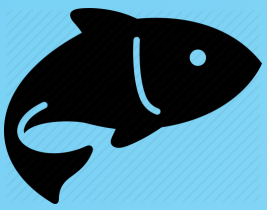


# 6 things you can do to help save the Orcas



## Switch to natural cleaners

Toxic ingredients in detergents and household cleaners can affect hormone function and reproductive health. Make your own cleaning products at home with these easy to follow recipes: [Green Cleaning booklet](#). Read labels, watch for things labeled natural, which is not regulated: [Non-toxic labeling](#).



## Eat sustainable seafood

[Monterey Bay Aquarium's Seafood Watch](#) program provides guidance for seafood lovers! You can also [view a list](#) of local Seattle Area sustainable seafood partners.



## Reduce your use of plastic bags and microplastics

Use reusable grocery bags, food storage, and water bottles. Check out [Zero Waste Washington](#) for even more resources. While you're at it, stop buying products (including exfoliating cleansers and even toothpastes) that contain [microplastics](#).



## Develop an appreciation for the Puget Sound and beyond

Download the [MyCoast](#) smart phone app and start taking pictures and documenting local beaches. Become a [Snohomish County Beach Watcher](#). Take the kids on a [naturalist-led tide pool trip](#).



## Take political action

Your voice is the most important. Determine who your [local representatives](#) are and your [state representatives](#) and talk to them about your concerns.



## Support local organizations working to help our Southern Resident Killer Whales and oceans

The [Northwest Straits Foundation](#) supports the regional work of the Marine Resource Committees in the Northwest Straits. You can adopt an orca from the [Whale Museum](#) in Friday Harbor.

