



PLASTIC FREE MARIANAS

Make a

PLASTIC FREE COMMITMENT!

By committing to reduce your consumption of single-use plastic you will **lessen the amount of trash** that enters our landfill and oceans, **reduce greenhouse gas emissions**, and help **protect our marine life and our community**.

SPREAD THE WORD

Share your commitment and help others go plastic free by tagging **#PLASTICFREEMARIANAS** on your social media posts!



@CNMIDCRM



@GoingCoastal_CNMI

For more information, visit

WWW.DCRM.GOV.MP

OUTREACH@DCRM.GOV.MP

TEL.: (670) 664-8300

PLASTIC FREE MARIANAS

MAKE A PLASTIC-FREE COMMITMENT TODAY!

Sign up online at **www.dcrm.gov.mp** or fill in your information below, tear off the bottom half and return to:

Division of Coastal Resources Management
P.O. Box 501304 Saipan, MP 96950
Gualo Rai Center - 3rd floor, Middle Road, Gualo Rai

FIRST NAME

LAST NAME

EMAIL ADDRESS

MAKE A PLASTIC FREE COMMITMENT

- CARRY REUSABLE BAGS**
Keep one in your backpack or purse and a few in your car do you don't forget to use them.
- GIVE UP BOTTLED WATER**
Use a reusable water bottle or jar instead of buying plastic water bottles. You'll save money, too!
- USE REUSABLE CONTAINERS**
Ditch zip-top bags and plastic wrap and use reusable containers for leftovers instead.
- BOYCOTT PLASTIC PACKAGING**
When shopping, buy fewer items packaged in plastic. Another option is to buy items in bulk.
- SKIP THE STRAW**
When dining in or eating out, refuse plastic straws. Drink straight from the cup or carry reusable straws.
- PACK WASTE-FREE LUNCHES**
Ditch single-serve packaging and replace it with reusable lunch boxes and containers.
- STOP STYROFOAM**
Choose restaurants that use biodegradable or compostable take-out containers or bring your own.
- THROW PLASTIC FREE PARTIES**
Treat guests to reusable party-ware instead of disposable plastic plates, cups, and cutlery.
- ORGANIZE A BEACH CLEANUP**
Reduce plastic pollution and bring your friends, family, school & community together to take action.
- GET ACTIVE IN LEGISLATION**
Choose a topic, write a letter, and present testimony to local officials to support a #PlasticFreeMarianas.



**PLASTIC FREE
MARIANAS**

***I commit to going
Plastic Free by...***

Select the following commitment(s) from the list above.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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1 **2** **3** **4** **5**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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6 **7** **8** **9** **10**

Thank you

FOR DOING YOUR PART TO REDUCE
Ocean Pollution
IN THE

CNMI