



**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

**1** Keep one in your backpack or purse and a few in your car so you don't forget to use them.

## ☐ GIVE UP BOTTLED WATER

**2** Use a reusable water bottle or jar instead of buying plastic water bottles. You'll save money, too!

## ☐ USE REUSABLE CONTAINERS

**3** Ditch zip-top bags and plastic wrap and use reusable containers for leftovers instead.

## ☐ BOYCOTT PLASTIC PACKAGING

**4** When shopping, buy fewer items packaged in plastic. Another option is to buy items in bulk.

## ☐ SKIP THE STRAW

**5** When dining in or eating out, refuse plastic straws. Drink straight from the cup or carry reusable straws.

## ☐ PACK WASTE-FREE LUNCHES

**6** Ditch single-serve packaging and replace it with reusable lunch boxes and containers.

## ☐ STOP STYROFOAM

**7** Choose restaurants that use biodegradable or compostable take-out containers or bring your own.

## ☐ THROW PLASTIC FREE PARTIES

**8** Treat guests to reusable party-ware instead of disposable plastic plates, cups, and cutlery.

## ☐ ORGANIZE A BEACH CLEANUP

**9** Reduce plastic pollution and bring your friends, family, school & community together to take action.

## ☐ GET ACTIVE IN LEGISLATION

**10** 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.

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**1**

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**2**

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**10**

FOR DOING YOUR PART TO REDUCE

***Ocean Pollution***

IN THE

**CNMI**

*Thank you*