

Top 5 Tips to Protect our Estuaries!

1. Try to use eco-friendly products for all cleaning, washing and dishwashing



2. Use a fat trap instead of pouring cooking oil down the drain



3. Eat more organic fruit and veg or why not grown your own!



4. When it comes to flushing, always follow the 3 Ps and only flush PEE, PAPER & POO!



5. Plastic and chemical pollution go hand in hand - do a river or stream clean up!

