

Human Impact Lab: Sustainable Living

Loggerhead Marineline Center

Loggerhead Marineline Center is an ocean conservation organization and sea turtle hospital located adjacent to one of the most important sea turtle nesting beaches in the world. The Center features an on-site campus hospital, research laboratory, educational exhibits and aquariums, and also operates the Juno Beach Pier, which hosts world-class angling and sightseeing. The Center's conservation team works with 76 local and international organizations across six continents to form partnerships and share conservation initiatives and best practices that are core to its mission of ocean conservation. The Center is expanding and has launched its Waves of Progress capital expansion campaign, designed to accelerate and amplify LMC's conservation and education impact.

Our mission is to promote conservation of ocean ecosystems with a special focus on threatened and endangered sea turtles. Our vision is to be recognized locally and internationally as the leading authority in sea turtle education, research and rehabilitation.



Lesson Objectives

- I can recognize ways in which humans can impact the environment
- I can practice living Zero Waste in one aspect of my everyday life
- I can identify ways of living in a sustainable and eco-conscious manner

Vocabulary

- **Sustainable Living:** a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources
- **Zero Waste:** a set of principles focused on waste prevention that encourages all products be reused; the goal is for no trash to be sent to landfills, incinerators, or the ocean
- **Conservation:** Using resources in a wise, responsible manner; protection of natural resources

Resources

- NOAA Marine Debris program *Trash Talk*: <https://marinedebris.noaa.gov/discover-issue/trash-talk>



Visit Marinelife.org to learn more about Loggerhead Marineline Center!

Zero Waste Challenge!

The goal is zero waste, where no trash is sent to landfills, incinerators, or the ocean – all material is reused or compostable. That is a very hard goal to set! However, you can start small and take little actions toward zero waste that can make a big impact on our environment, including the world ocean. For this lesson, Loggerhead Marinelife Center challenges YOU to go Zero Waste in just one aspect of your life. Check out some of these simple examples that make a BIG impact:

At School: School lunches create a large amount of campus waste in the form of plastic snack bags, plastic water bottles, Styrofoam, single use utensils, etc. Try setting a goal for bringing a Zero Waste lunchbox every day! Example items include: reusable lunch box, reusable containers or bags for snacks and sandwiches, refillable/reusable water bottle, reusable utensils.

In the Kitchen: You may not realize how much waste you produce every day in your kitchen so take a step back and look! Do you use single use paper towels? How about single use plastic freezer or snack bags? Do you use plastic wrap on your food? All of these single use items create a lot of waste. Try going Zero Waste in your kitchen! Swap out those paper towels for reusable dish towels that can be washed. Use reusable containers instead of plastic freezer or snack bags. Plastic wrap can be convenient but so are sustainable alternatives such as beeswax wrap. For an extra challenge, consider purchasing a countertop composter to compost leftover food scraps like banana peels or apple cores.

In the Bathroom: The bathroom is another room at home that may create more trash than expected. Take a look in your shower and count how many plastic bottles you have in the form of shampoo, conditioner, body wash, face wash, etc. How about disposable items like razors and tooth brushes? There are many more sustainable options available! Try out refillable razors or bamboo toothbrushes. Look for soaps and hair care products that come in bar soap form or in more sustainable containers that can be reused or recycled more often.

On the Go: Always on the go? Be prepared! Carry reusable bags with you in case you need to stop by the grocery store. Always bring your reusable water bottle or coffee thermos for hydration. Need to bring a snack? Bring it in a reusable container!

Need help finding sustainable alternatives to kick off your Zero Waste challenge? Check out the sustainable items available in our online gift store: <https://www.shop-marinelife.org/>