

# YOU CAN HELP THE REEF - JUST FOLLOW NATURE'S LEAD



Great Barrier Reef Foundation

Try changing just one habit each month and you will make a world of difference.

## JANUARY



**Eat local**



Learn from some species of damselfish who cultivate their own crops of algae to dine at home. Choose locally sourced food options to reduce energy use from food transport and support local farmers.

## FEBRUARY



**Watch your flow**



Seastars draw in and expel water to move, eat and breathe. Be clever about your water use at home by installing low-flow taps and showerheads to both reduce water use and require less energy for heating water.

## MARCH



**Refuse, reduce, reuse, recycle**



Thrifty hermit crabs reuse discarded shells from other critters when they grow and need to move home. You can refuse what you don't need, reduce what you do, reuse what you can, and recycle where possible. Channel your inner hermit crab and march to your local op shop!

## APRIL



**Reduce food waste**



Some nudibranchs eat the stinging cells from corals or sponges and repurpose them for defence. Minimise your food waste to reduce climate emissions by buying only what you need and using leftovers – make last-night's dinner today's lunch!

## MAY




**Ditch single-use plastic**




Nature doesn't only use things once. Mimic marine life and choose to avoid single-use plastic. Find reusable products like bags and coffee cups to save power, water and raw materials, and reduce the plastics invading our oceans to protect marine life from threats of ingestion and entanglement.

## JUNE



**Speak out**



Whales are incredible communicators – the humpback whale's low frequency sounds can travel up to 16,000 km! Amplify your voice by talking with friends, family and colleagues to promote positive change in your circle of influence. Tell them how important the Reef is and what they can do to help protect it too.

\*Photographer Gary Cranitch, Queensland Museum



# JULY



## Bright energy savers



Many jellyfish can bioluminesce, creating their own chemical glow. Choose more energy-efficient LED lightbulbs at home as your old ones wear-out to help save energy and your electric bill.

# AUGUST



## Travel smart



Remora fish hitch rides with larger host animals like manta rays and sharks using their suction cups on the dorsal side of their heads. Take clever transport options like sharing rides, public transport, walking and cycling.

*Image courtesy Tourism and Events Queensland*

# SEPTEMBER



## Eat a plant-rich diet



Dugongs are predominantly herbivorous, sustaining a large body mass almost exclusively on seagrass. Plant-rich diets are one of the solutions to reducing your carbon footprint. Try eating just one more plant-based meal each week.

# OCTOBER



## Reduce and offset air travel



The buff-banded rail lives on many of the Reef's coral cays and islands and has evolved to become almost exclusively ground dwelling (must be hard to leave such a beautiful home!). Make your travel choices count and choose to offset your air travel.

# NOVEMBER



## Choose renewable energy



Corals are powered by solar! Tiny algae live in reef-building hard corals, making energy from sunlight and helping coral grow. You can harness the sun's energy too and install rooftop solar on your home. Or if that's not a realistic option for you, most energy providers offer a green power option so you can still power your home with renewable energy.

# DECEMBER



## See the Reef



Mantis shrimp have some of the most complex eyes in the animal kingdom – with 3 to 4 times more photo receptors than humans! Nothing compares to eyeballing the Reef first hand. Plan your visit with a High Standard Tourism Operator and then share what you see with your family and friends. Your visit also directly helps manage the Reef through the included environment levy!

*\*Photographer Gary Cranitch, Queensland Museum*

*It is one of the greatest, and most splendid natural treasures that the world possesses.*

Sir David Attenborough

