

PRESS RELEASE – FOR IMMEDIATE RELEASE

12 ways to save our seas this Christmas

This festive season, the [Marine Conservation Society](#), a leading UK environmental charity, is calling on the public to make Christmas count for our seas. From gifting life beneath the waves to reducing plastic waste and making ocean-friendly resolutions, the charity has compiled 12 ways to celebrate sustainably and make your festivities matter.

Chris Graham, Head of Ocean Regeneration and Sustainable Seafood at the Marine Conservation Society, said:

“Christmas is a time of celebration, but it’s also a season of excess. From a surge in plastic packaging production to food waste – every choice we make during the festive period has an impact on our environment. The good news is that with just a few simple changes, we can all make a big difference, so whether it’s opting for more sustainable seafood, reusing plastic containers, or gifting the ocean a dozen baby oysters to help clean our seas, these small actions add up to a healthier ocean for all.”

1. Let It Grow, Let It Grow, Let It Grow (baby oysters!)

By donating to the charity’s [League of Unlikely Ocean Heroes](#) appeal, either for yourself or on behalf of a loved one, you can help grow baby oysters. These hero species naturally clean our seas and play a vital role in restoring the health of the UK’s Atlantic Coast.

2. Have Yourself a Merry Little Swim

Why not take a Boxing Day dip? It’s a fun, family-friendly way to reconnect with nature and a perfect reminder of why clean seas matter. Before you dive in, make sure to check your local water quality – winter dips fall outside the official monitoring season, and pollution risks rise during colder, wetter months.

3. It’s Beginning to Look a Lot Like Fishmas

Keep your plate ocean-friendly by making sustainable choices this Christmas. Before you shop, check the latest sustainable seafood advice on the charity’s [Good Fish Guide](#). Simple swaps, like smoked trout instead of salmon, can make a big difference to the health of our ocean.

4. Jingle All the Way to a Cleaner Coast

The charity encourages families to make your annual Boxing Day walk even more meaningful this year. By joining a [beach clean](#) or tackling litter inland through its [Source to Sea Litter Quest](#), you’ll help collect vital data to drive policy change and reduce ocean pollution.

5. All I Want for Christmas Is... Less Plastic

With 11 million tonnes of plastic entering the ocean each year, the Marine Conservation Society urges shoppers to avoid single-use packaging and opt for loose or refillable items

where possible. You can also help to reduce plastic waste by repurposing containers from seasonal treats into craft boxes or storage solutions.

6. 'Tis the Sea-son to Recycle

Festive celebrations often mean plenty of drinks – and with that comes a surge in cans and bottles. The charity is urging the public to ensure this seasonal waste doesn't harm our seas by recycling responsibly. Checking local council guidelines and following recycling symbols is essential to avoid contamination. Every can and bottle recycled helps keep litter off our beaches and out of marine habitats.

7. Sleigh the Non-Stick

Christmas often means plenty of cooking – but some cookware could be harming our ocean. Some non-stick pots and pans contain PFAS, also known as 'forever chemicals'. Once these substances enter our seas they are virtually impossible to remove and are toxic to marine life.

The Marine Conservation Society recommends switching to safer alternatives such as stainless steel or cast iron pans. For a list of PFAS-free brands and products, visit www.pfasfree.org.uk.

8. Rockin' Around the Plastic-Free Tree

Festive decorations such as tinsel, glitter and plastic baubles can shed microplastics that can eventually end up in our ocean. The charity is encouraging households to instead opt for natural or reusable alternatives, including garlands made from dried fruit or foliage, recyclable wrapping paper and fabric bunting. These simple swaps help keep plastic out of marine environments while adding a sustainable, personalised touch to seasonal celebrations.

9. O Come, All Ye Ocean Watchers

Winter is prime whale-spotting season, so why not swap the sofa for a seaside stroll to see if you can spot any? While jellyfish and turtle sightings are less common at this time of year, these species may still appear along UK shores. Reporting sightings provides the charity with vital data to monitor marine life and track changes in ocean health.

10. (Fund)Raise a Glass (It's Christmas Time!)

The Marine Conservation Society is inviting supporters to start the new year with a challenge that makes a real impact for our seas. From marathons and swims to kayaking or bespoke events, fundraising activities help generate vital funds to protect our ocean.

For more information and resources, email fundraising@mcsuk.org.

11. Deck the Shores With a Resolution

When you're setting resolutions for the year ahead, the charity urges you to keep the ocean in mind. Simple actions such as using volunteer days to support marine conservation, switching to eco-friendly cleaning products, or pledging to join a beach clean, can collectively make a significant impact. If everyone committed to just one ocean-conscious resolution, the positive effect on marine habitats would be substantial.

12. **We Wish You a Merry Membership**

The Marine Conservation Society is inviting the public to support its mission to protect the ocean by becoming a member or gifting a membership this Christmas. Membership contributions help safeguard marine wildlife and habitats for future generations, funding vital conservation work. Members receive a welcome pack and access to the charity's award-winning *Your Ocean* magazine.

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Notes to editors

About the charity

The Marine Conservation Society is a leading UK environmental charity dedicated to protecting our ocean – defending crucial habitats, regenerating vital ecosystems and inspiring volunteers. The organisation unites communities, governments, and industry to champion science-based solutions for cleaner, healthier seas to tackle the climate and nature emergency.