

# Monterey Bay Aquarium

## 5 Ways to Live an Ocean-Healthy Lifestyle



### 1 Remember the Ocean Animals

Plastic isn't pretty in the ocean, and can even be deadly for seabirds, shorebirds and other marine life. Reducing your use of plastics on land can make a big difference under the sea.

[Seabirds at stake](#)

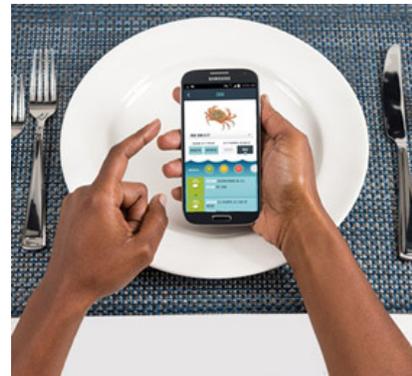
### 2 Take a Tour



Our Feeding Frenzy tour gives you special access to private feedings and our food room, where you'll learn how smart seafood choices contribute to a balanced ocean.

[Book online](#)

### 3 Trust Seafood Watch



There's no better guide to eating fish sustainably than Seafood Watch, which helps consumers and businesses choose seafood that supports a healthy ocean around the world.

[Download the app](#)

## 4 Ride the Trolley



Reduce your carbon footprint and hop aboard a free MST Trolley for a fast, fun ride to the Aquarium from downtown Monterey parking garages.

[Ride the trolley](#)

## 5 Join Us at The Party



Savor ocean-healthy food and drink from more than 50 restaurants and wineries—and a whole lot of fun—at Cooking for Solutions' final event of the year. Dance the night away under the (sea) stars, too!

[Buy your tickets](#)



### Evenings by the Bay

Wine, dine and feel fine during our Evenings by the Bay summer weekends through September 4. Stay and play until 8 p.m. on Saturday and Sunday nights as you enjoy live music, delicious, sustainable food and smaller crowds, too.

[Get more details](#)



### Summer Nights Seashore Sleepovers

Our August sleepovers are held on Saturday nights, so you can jump start the fun at Evenings by the Bay. Then explore the Aquarium on your own before sleeping with the fishes.

[Make your reservation](#)



### Protect the Future of the Ocean

With help from our donors, we've become a trusted global leader in ocean conservation and we're better positioned than ever to create positive change for the ocean and the animals that call it home.

[Help make a difference](#)

### This Month's Wallpaper

When you relax at the beach this summer be careful not to disturb nesting shorebirds. Keep an eye on kids and dogs, and watch out for a shallow nook in the sand that might just be the nest of a Western snowy plover—



a threatened species.

[View wallpaper](#)

Our mission is to inspire conservation of the ocean.  
The Monterey Bay Aquarium is a nonprofit institution.

[You can help us by making a donation.](#)

FOLLOW US:



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