

KIDS TAKE ACTION!

EIGHT MILLION METRIC TONS OF PLASTIC END UP IN THE OCEAN EVERY YEAR.

They might break down into smaller pieces, but plastics don't go away and they hurt birds and animals that live in the ocean. You can take action to reduce the amount of plastic you use. You can also teach others to do the same.

- ✓ **SAY NO TO PLASTIC STRAWS, WATER BOTTLES AND SPOONS!** This holiday season, ask for a bamboo utensil set, metal straws and a reusable water bottle to carry in your backpack. These items can be cleaned and used over and over again and never end up in the ocean.
- ✓ **EAT MORE FRUIT!** Cut down on plastic snack packaging. Ask your family to buy apples, bananas, nuts, granolas and dried fruit in bulk. Use paper or fabric bags when buying these items.
- ✓ **TRY NOT TO USE PLASTIC BAGGIES.** Does your school serve lunch in Styrofoam or plastic containers? Bring your own lunch and wrap your sandwich in a cloth napkin and put it in a paper bag. Consider reusable Bento boxes, made from stainless steel, aluminum, natural woods and bamboo.
- ✓ **BE DONE WITH PLASTIC SHOPPING BAGS!** Use sturdy tote bags or order plain ones to decorate and personalize for family and friends. It's a great gift idea!
- ✓ **CHALLENGE YOUR FAMILY TO A "PLASTIC FREE" SHOPPING TRIP.** Look for items sold in bulk or in recyclable glass, aluminum and paper containers. Bring your reusable shopping tote bags!

- ✓ **JOIN THE FIGHT AGAINST LITTER!** Kids all over the world clean-up beaches, parks, and playgrounds. Organize a cleanup in your own neighborhood. Take photos of your efforts and share with others.



THAT AMOUNT OF TRASH WOULD FILL TWO BIG SKYSCRAPERS AS TALL AS THE EMPIRE STATE BUILDING IN NEW YORK CITY!



WANT MORE GREAT IDEAS?

National Geographic Kids is an excellent resource:
<https://kids.nationalgeographic.com/explore/nature/kids-vs-plastic/pollution>