

RISE UP. CLEAN UP. MARGATE.



Rubbish Facts.

Did you know there is an **island made of rubbish** in the Pacific Ocean that is three times the size of France?

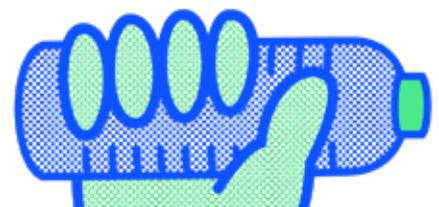
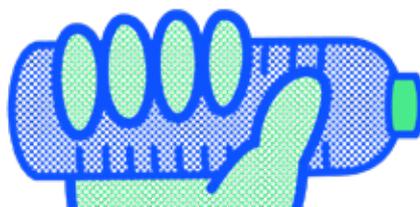
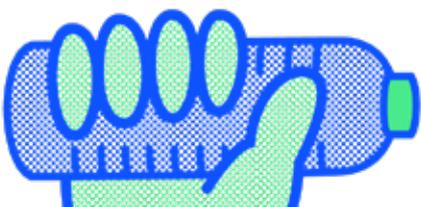
1 in every 3 fish caught for the food industry **now contains plastic.**

By 2050 there will be **more plastic** in the ocean than fish.

90% of seabirds have plastic in their stomachs.

It takes **450 years** for one plastic bottle to break down in the ocean.

Draw an island made of rubbish.
Do you think it would be a nice place to live?





8 THINGS I CAN DO TO CUT DOWN ON PLASTIC.

- Tick the ones you already do.



1. SAY NO TO STRAWS
Animals can get sick after mistaking them for food. Instead use a paper straw, or just go without!



2. TAKE YOUR OWN WATER BOTTLE
Drink out of a reusable water bottle instead of a plastic version. That way you won't be buying one of the nearly one million plastic drink bottles sold every minute around the world.



3. MAKE A BETTER LUNCH BOX
Pack sandwiches and snacks in reusable containers instead of plastic bags. Maybe choose a metal lunch box instead of a plastic one.



4. SNACK ON FRUIT
Pack an apple, banana, or orange instead of snack packs. Fruit fills you up in a healthy way, plus there's no extra packaging. (Save the core, peels, and rinds for your compost bin.)



5. GO FOR THE CONE
No matter your favorite ice-cream flavor, always choose to have it in a cone. Who needs plastic spoons and cups when you can eat the bowl?



6. BUY SECOND -HAND
There is a lot of plastic in toys! Choose wooden or metal toys. Or if you do go for plastic, how about hand-me-downs from older friends and family?



7. NEVER LITTER
Sometimes you have to use plastic, and that's OK! But always recycle what you can, and never drop it on the floor. Rubbish left on the ground often blows around, eventually making its way to the ocean.



8. PICK UP WHAT YOU CAN
Grab a parent and pick up the rubbish that you find on your local beach. But be careful: Never grab anything that looks sharp or dangerous. You could even buy a litter picker!

