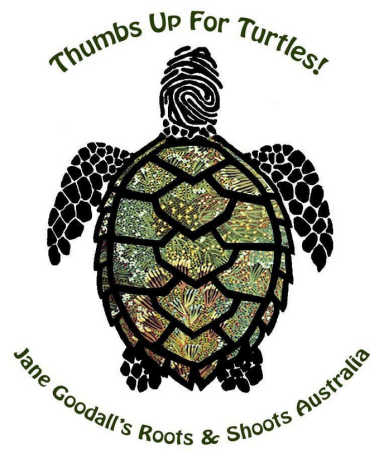


THUMBS UP FOR TURTLES!

REDUCE PLASTIC PROTECT OUR OCEANS



THE OCEAN



The ocean is home to 230,000 known species. The ocean is the main component of Earth's hydrosphere. It is vital to life, forms part of the carbon cycle, & influences climate & weather patterns.

PLASTIC PROBLEM

Plastic takes thousands of years to break down & when it does, it exists as tiny microplastics. It is now believed that there are 5.25 trillion pieces of plastic debris in the ocean.



MARINE LIFE



When an animal ingests plastic, toxic chemicals can leech into its body. Once in an animal's stomach, the space for normal food is reduced & energy levels drop, commonly leading to starvation.

HEALTH

Humans can consume sea salt & fish that is contaminated with microplastics. Impacts include hormonal issues, reproductive problems, as well as nervous system & kidney damage.



CHANGE



Take your own cutlery, coffee cups, straws & shopping bags. Recycle. Make Plastic Free Lunches. Choose cardboard or glass packaging over plastic. Buy loose fruits & vegetables. Try natural clothing or vintage. Spread the message.

YOU MATTER

"Every individual matters, every individual has a role to play, every individual makes a difference."

-Jane Goodall.

