

How Do We Help Our Marshes?

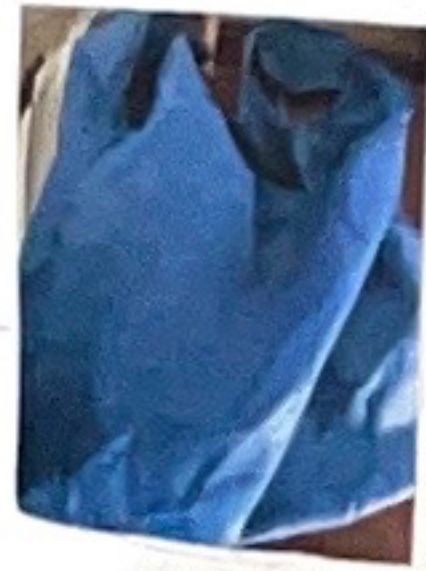
PLAY THE NO TRASH GAME



Pack in your lunch ✓

Do Not pack in your lunch ✗

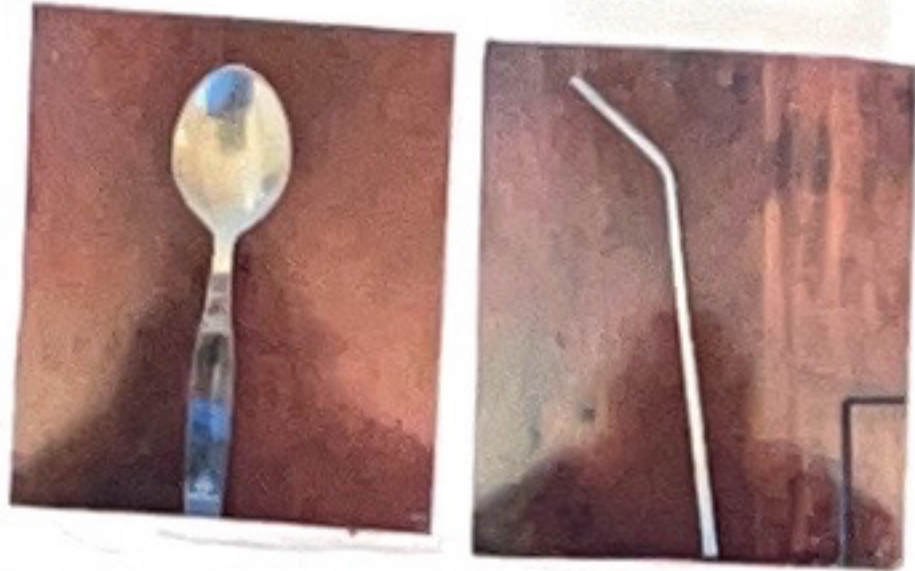
1. Reusable bag for carrying food



1. Plastic bags for carrying food



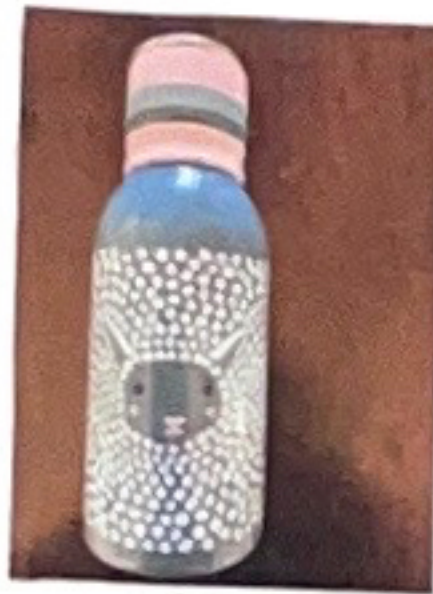
2. Reusable utensils & straws (or compostable)



2. Plastic utensils and straws



3. Reusable bottles



3. Plastic bottles



4. Reusable containers or compostable sandwich wraps



4. Plastic disposable wraps Such as Ziploc's



Why is the marshland important?

Marshlands are really helpful to us humans:

1. They purify polluted waters by detoxifying chemicals.
2. They reduce storm impacts by absorbing water and releasing it slowly.

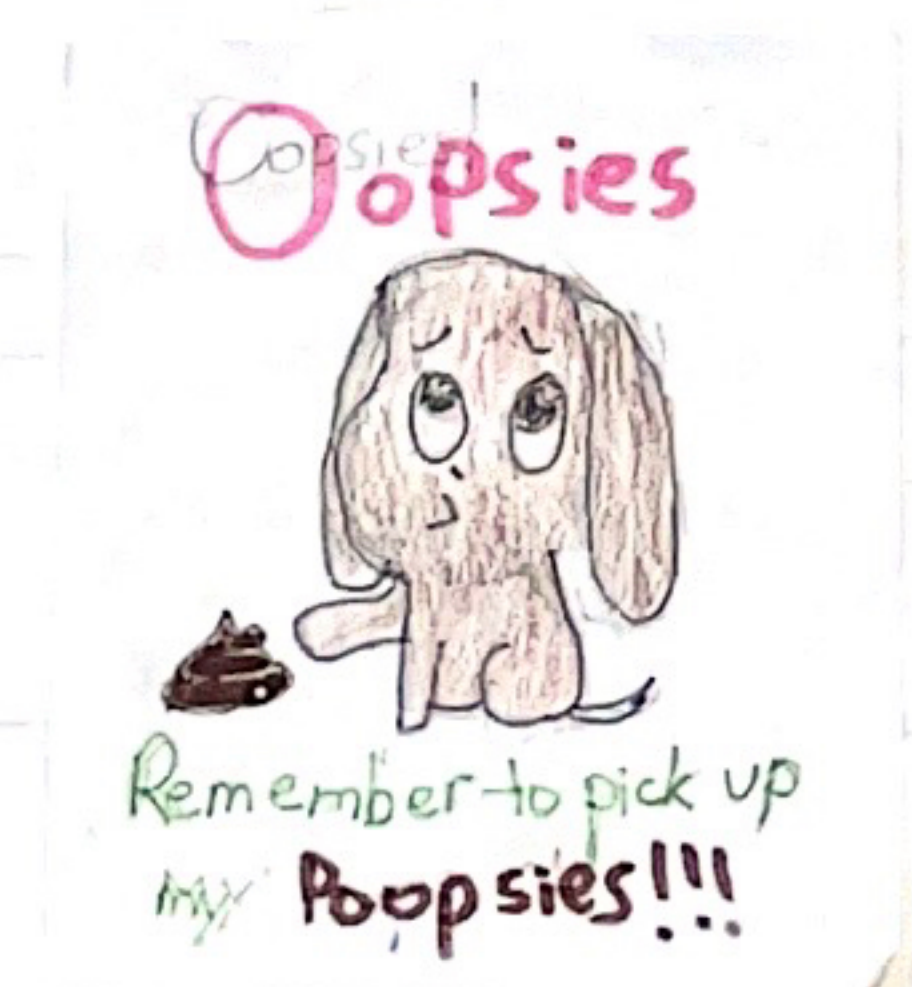
Some other ways to help the marshlands are to:

- Save up plastic bags so you can use them to go shopping later. That is better than just throwing it away and endangering millions of animals.

- Reduce the amount of small plastics you buy. Animals might not realize they ate it but the meat you eat might of had bits of plastic in it! (yuck!)

- ALWAYS pick up after your dog. Their poop may release methane gas which can make water green and murky. Don't let your dog be the culprit of that.

Nature will thrive without trash harming it. It will thank you.





BE A SUPERHERO



There are 3 steps to becoming a Superhero

1. Reduce

When you **reduce** the amount of trash you use, less animals get sick. Reduce your use of plastic bottles, plastic wrappers **Choc**, plastic beads, and other biodegradable trash.

2. Reuse



Donate old clothes



Reuse water bottles



Reuse plastic utensils



Donate old toys and books



Reuse plastic shopping bags

3. Recycle



You know something is recyclable if it has a triangle symbol with a number.

You can recycle:



Cans



Paper and cardboard



glass bottles



milk jugs



Plastic bags (Check for triangle)



plastic containers