## RESULTS

| Day | Total # pieces of plastic | Most common item |
|---|---|---|
| Day 1 | | |
| Day 2 | | |
| Day 3 | | |
| Day 4 | | |
| Day 5 | | |

## NOTES




NATIONAL MARINE MAMMAL FOUNDATION



# PLASTIC JOURNAL

.....

(write name above)

# POP

## for a porpoise

NATIONAL MARINE MAMMAL FOUNDATION

# PLASTIC JOURNAL

Did you know that in the United States alone, we use enough plastic straws to wrap around the earth 2.5 times every day? Did you know that approximately 1 trillion bags are used and discarded every single year, which equals to approximately 20 million new bags being used every single day? Did you know scientists predict that there will be more tons of plastic than tons of fish in our oceans in just a few short years? This is a problem that can easily be fixed if we work together to cut down on plastic use! Reusable water bottles are great alternatives to disposable plastic water bottles, reusable shopping bags eliminate the need for plastic shopping bags. By telling your server at the restaurant or drive through that you do not need a straw with your soft drink all add up to make a HUGE difference!

Now it's your turn! Take the time to write down every piece of plastic you use for the next **5 days**! This could be a plastic sandwich bag that you had in your lunch box to the plastic straw that you had in your beverages. Do it with your whole family! When you go to the grocery store, how many plastic bags do you use when you pick out what fruit and veggies you want to buy and take home? When you're making dinner, how much of the food you are preparing is wrapped in plastic?

Keep a detailed diary of how much plastic or garbage you (or your household) uses and then brainstorm some alternatives to cut back on your use of those products! Could you bring your own bags to the grocery store to put produce in before you put them in your cart? How about carrying around some reusable, bamboo utensils so there is no need to use plastic forks and knives? Can you put your sandwich in a reusable bag or a reusable container instead of a plastic Ziploc bag? Can you use a reusable water bottle instead of bringing a disposable plastic bottle? Get creative! All that's left to do is to put those ideas into action…and to have fun!

POP for a porpoise



## BREAKFAST

**Date** ( _ _/_ _ /___)

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## LUNCH

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## DINNER

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NATIONAL MARINE MAMMAL FOUNDATION

## BREAKFAST

**Date** ( _ _/_ _ /2020)

## LUNCH

## DINNER



## BREAKFAST

**Date** ( _ _/_ _ /2020)

## LUNCH

## DINNER

## BREAKFAST

**Date** ( _ _/_ _ /2020)

## LUNCH

## DINNER



## BREAKFAST

**Date** ( _ _/_ _ /2020)

## LUNCH

## DINNER