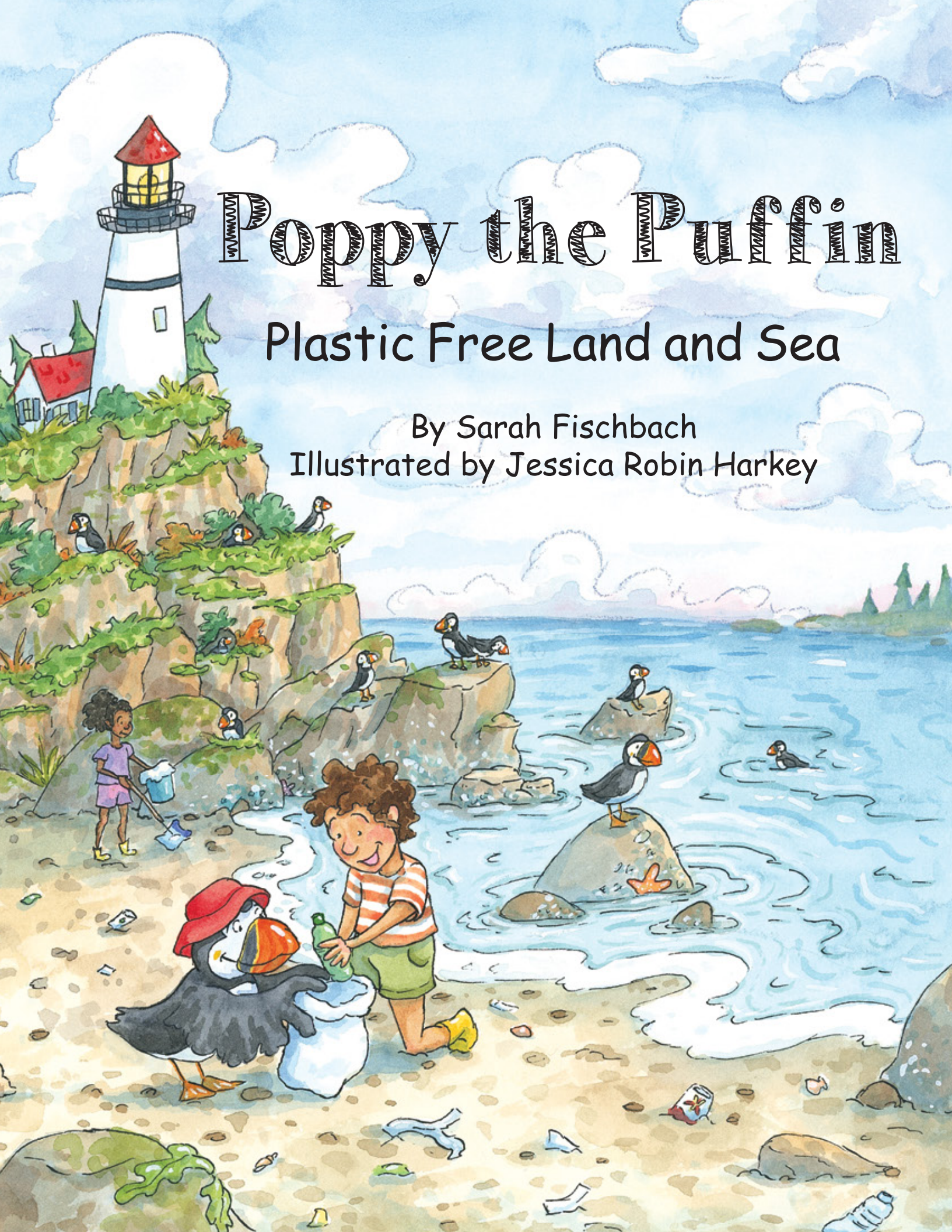




Poppy the Puffin

Plastic Free Land and Sea

By Sarah Fischbach

Illustrated by Jessica Robin Harkey

To my most amazing daughter, and to the animals whose voices depend on ours. – S.F.

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Illustrations by Jessica Robin Harkey.

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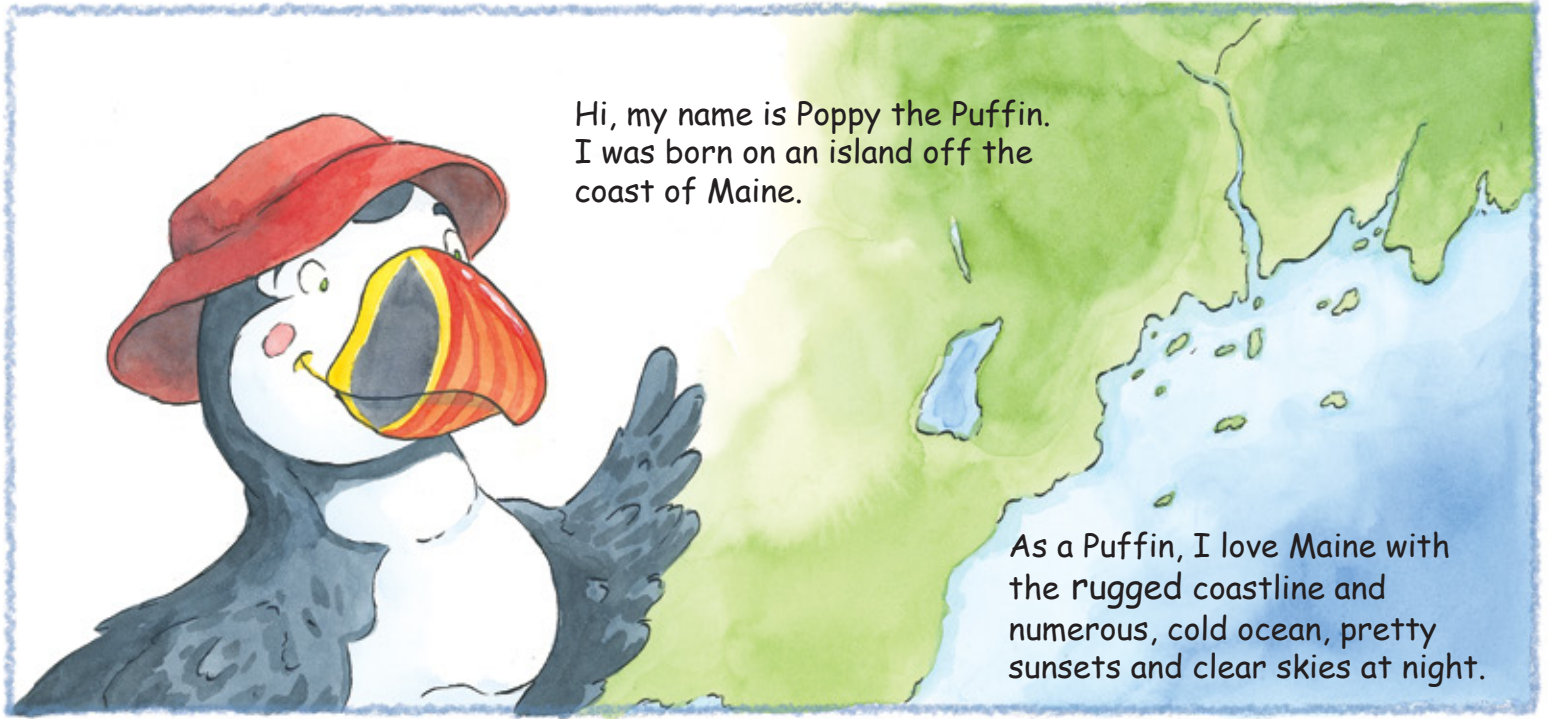
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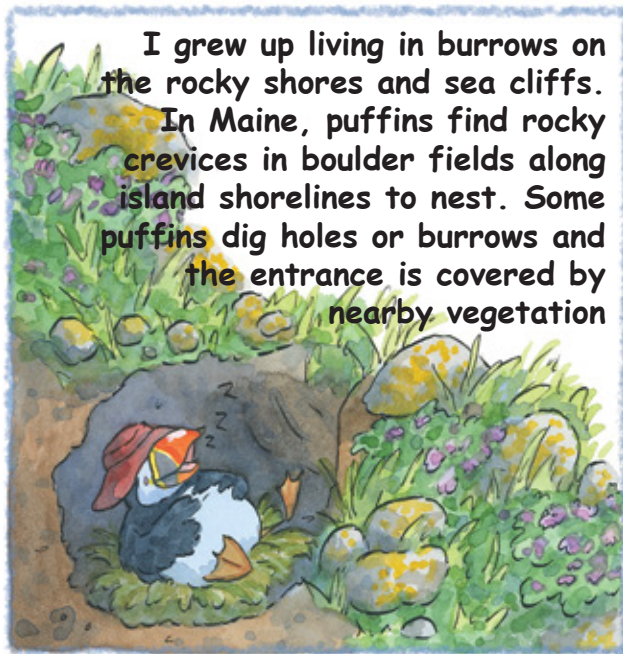
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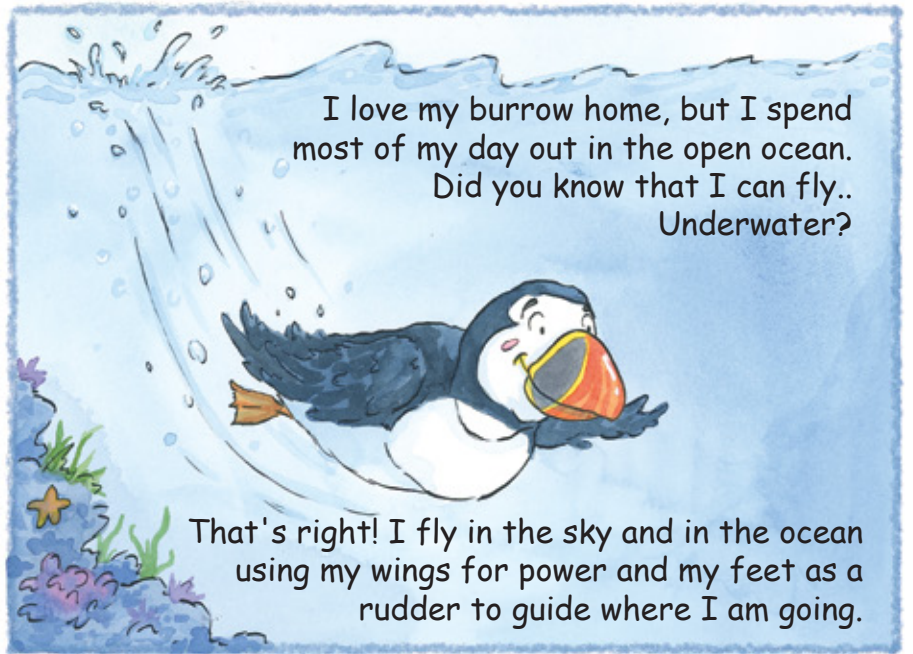


Hi, my name is Poppy the Puffin.
I was born on an island off the
coast of Maine.

As a Puffin, I love Maine with
the rugged coastline and
numerous, cold ocean, pretty
sunsets and clear skies at night.

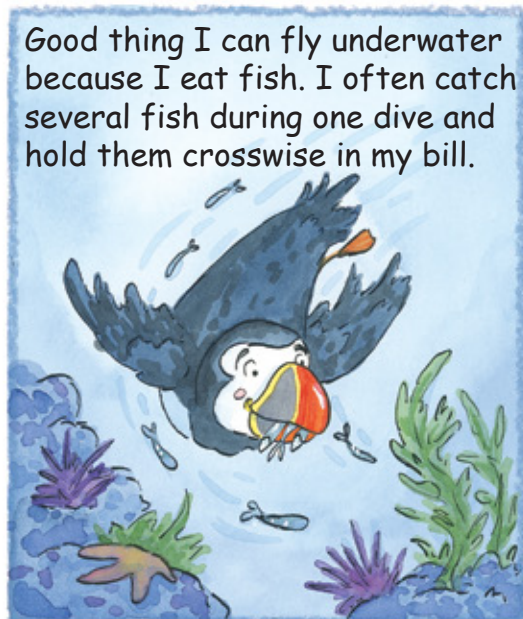


I grew up living in burrows on
the rocky shores and sea cliffs.
In Maine, puffins find rocky
crevices in boulder fields along
island shorelines to nest. Some
puffins dig holes or burrows and
the entrance is covered by
nearby vegetation



I love my burrow home, but I spend
most of my day out in the open ocean.
Did you know that I can fly..
Underwater?

That's right! I fly in the sky and in the ocean
using my wings for power and my feet as a
rudder to guide where I am going.



Good thing I can fly underwater
because I eat fish. I often catch
several fish during one dive and
hold them crosswise in my bill.



In the ocean I can dive down
to 200 feet, but normally I
catch most of my food closer
to the surface

I eat small fish no longer
than the size of a pencil.
Herring and sand lance "aka
sand eel" are some of my
favorite fish.

Many birds can swim, but few of us are best loved by scuba divers.



The sailing community call us the Sea Parrot because of

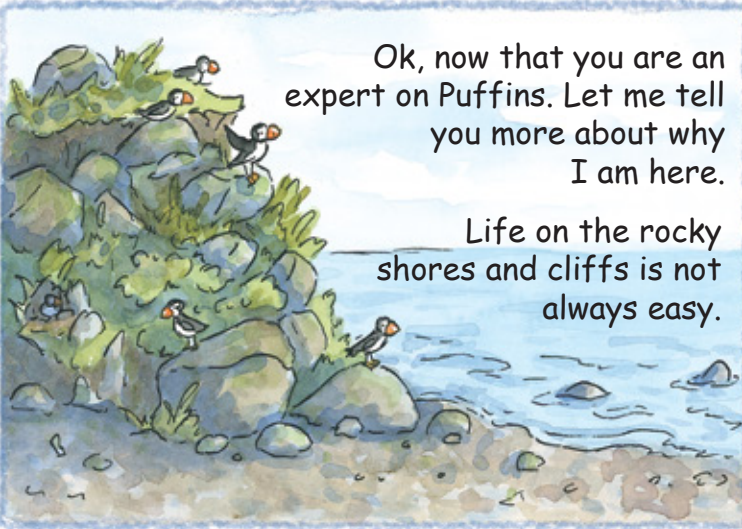


our orange and yellow beaks

and our distinguished white and black feathers are so uncommon.

Ok, now that you are an expert on Puffins. Let me tell you more about why I am here.

Life on the rocky shores and cliffs is not always easy.



People used to hunt Puffins, using nets to collect our pretty feathers.



Unfortunately we have a new problem: plastic pollution is washing up on our shores and we need your help.



But thanks to the smart scientists at **Audubon's Seabird Institute**, the puffins have made a comeback in the U.S.A. after being nearly driven to extinction. We thought our days were going to be spent just kicking back and relaxing to enjoy the waters off the coast of Maine.



Although plastics are used to package many of our food and beverages, where does it go once it's been used?



Single-use plastic (SUP) is a good place to start, but we need to rethink many other uses for plastic too.

When plastic is used for **single-use** and throw away items and packaging, that is part of the problem.

Plastic and the chemicals used to make it are bad for humans and animal health.

Plastic becomes waste material which is often dumped in the environment or burnt.



It's about what the plastic does to our health and where the plastic is ending up.

Using something like a plastic cup one time and throwing it away can be a problem, because there is no away.



What's SUP (Single-Use Plastic) with all this plastic waste?



What could you do to begin to reduce plastic pollution?

You're a kid. Right?

Together we can join Poppy to help solve the **single-use plastic** pollution problem.



Have you heard of the garbage patch out in the ocean? The Great Pacific Garbage Patch is spread out over 2000 square miles from the surface all the way down to the ocean floor. It is bigger than Germany, France and Spain combined.

Pacific Ocean

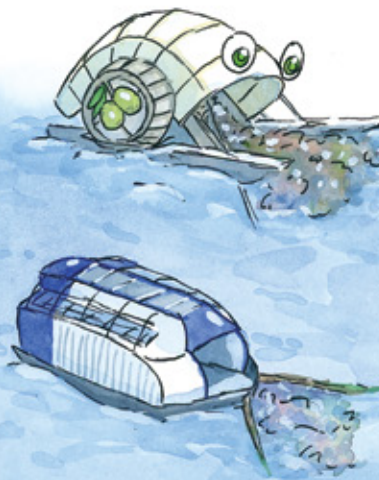


The plastic pollution is in our lakes, rivers, streams and ocean which is a gigantic problem. Going upstream to the source is the best way to stop it.

Fun Facts: 85% of the world's plastic is **NOT** recycled. 99% of plastics are made from oil and, it turns out that plastic was not designed to be recycled.



There are many smart scientists, inventors, designers, and organizations working to help the problem, but they could use some help from you.



I know what you are thinking. Let's all get in a boat and go clean up the ocean right! But it's just not that easy. Have you ever heard of plastic soup?

Yummy right? No way!

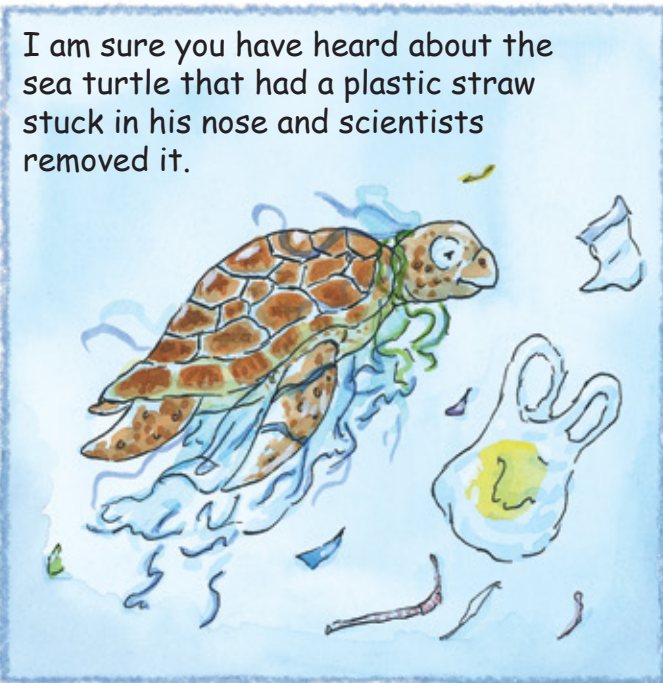
Plastic soup is when plastic floating from the surface all the way down to the ocean floor starts to break apart. This makes the water murky and is impossible to clean up.



Sometimes small pieces of plastic (**microplastics**) end up in the coastal waters where birds are hunting and they think it is food.



I am sure you have heard about the sea turtle that had a plastic straw stuck in his nose and scientists removed it.



Let me tell you a story about some of my friends, the albatross. Albatross are big birds! The albatross catch fish, squid and other seafood by using their beak like a skimmer on the surface of the water.



Sometimes they mistake ocean trash such as plastic for food.

They don't do this on purpose. It's an accident. It's hard to tell when you are flying in and out of the water what is plastic and what are fish.



My Puffin friends and I are like "what's sup?" with this **single-use** plastic stuff?

How can we stop the trash from getting into our food and your food too?



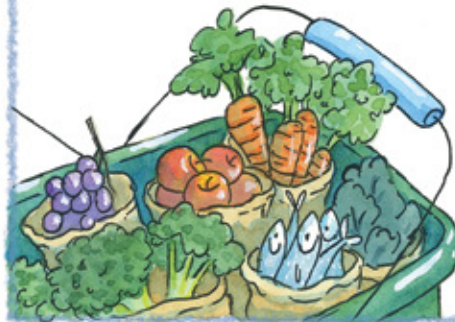
Here are some cool ideas and with your help, Poppy the Puffin will find a way to stop plastic pollution.



**REFUSE
REDUCE
REUSE
RETHINK**

Do you use reusable grocery bags? I do! I love to show off my favorite bags to get fruit and veggies and fish at the store.

Do you have a favorite reusable bag?



Here are a few plastic-free things to do. Do you like coffee shops and cafes? I love stopping in for a drink with my family and friends. It makes me happy to get a cold drink in the summer and a hot cocoa in the winter.

Many shops will be willing to serve you in your own cup if you ask politely and explain why.

Next time you want to get a drink, think ahead and bring your own cup (steel, ceramic or glass) to the coffee shop.



Do you love Boba? Me too! I love how they POP in your mouth. Next time you get Boba, bring your own cup and straw or ask if they have a reusable cup or glass. Explain that you prefer to drink your Boba plastic-free.

People just like you are coming up with so many new and sustainable ways to make products that are made from seaweed, algae, mushrooms and alternative materials that are non-toxic.



We want to become Citizens that care about the planet, especially when it comes to what we choose everyday.



You may think that you alone cannot solve the problem but, if a whole bunch of people do something, together we can change the world.



Small actions add up, here are ways to help you be a part of the solution, not the problem.



According to **Plastic Pollution Coalition (PPC)**, a non-profit that works closely with other great organizations to stop plastic pollution:

Follow these steps:
**REFUSE, REDUCE,
REUSE AND RETHINK**

Let me break them down, starting with **REFUSE**. Refuse **single-use** plastic whenever and wherever possible.



I love not having to fish, cook or do the dishes.
Sometimes there are leftovers to take home.
Next time you go out to eat, bring your own reusable container.



Skip the plastic and bring your own reusable bags, containers, and utensils! And don't forget—

'No plastic straw, please!'

What's SUP with single-use plastic?
Let's keep it green and clean!





Next there is **REDUCE** your plastic footprint.

Sometimes I take the easy way out. But there are easy ways to reduce the **single-use** plastic we use everyday. And it's kinda cool and fun.



CAFETERIA Culture.org

Cafeteria Culture has come up with solutions on how you can make a plastic free lunch day at your school. Check out these ideas and see what you can do to reduce your plastic footprint:

Instead of **single-serving packaged foods** like:

Try a **reusable option!**

Individual Yogurt

Yogurt, fruit, & honey in a container

"Lunchables"

Leftovers, sandwich, fruit, cheese, crackers

Chip or Snack Bag

Portion from larger bag into a container

Snack Bar

Granola, dried fruit, nut butters, nuts

String Cheese

Slice cheese off the whole block

Squeezable Fruit

Whole fruit or cut into slices

Drinks with Straws

Reusable water bottle with water or juice

"Ziploc" Bags & Plastic Wrap

ANY reusable container!

Schools are a place where you learn about community science, leadership, storytelling and advocacy.

This includes critically thinking about real world problems.



Single-use plastic is a real world problem and taking little steps to break down this problem can make a big difference. Will you join me in your own reduction of **single-use** plastics?



Eventually when you are all grown up.... you will be able to make healthier decisions about the things you buy and how they are packaged - plastic-free!

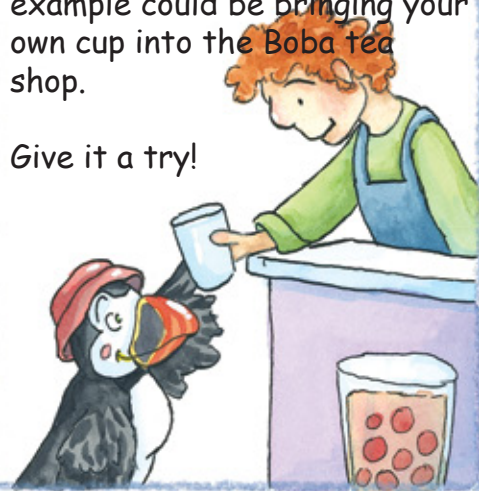


Next let's talk about...
REUSE durable, non-toxic, plastic-free straws, utensils, to-go containers, bottles, glass and other everyday reusable items



There are so many options when it comes to Reuse. One example could be bringing your own cup into the Boba tea shop.

Give it a try!



Boba tea shops might be at a loss for how to deal with a reusable cup but who knows, they might just be looking for you to help solve that problem.



People are doing all sorts of things with reusable items. Reusable straws have started to become common. I even found a restaurant called **Paradise Cove** that has a noodle as the straw. And it works! I think cookie straws would be great too!



Of course there are always reusable water bottles. A company is always coming up with a new cool idea and there are so many fun brands out there today to keep your drinks cool and hot!

Remember your reusable bags! It's like learning a good habit like brushing your teeth! Here are some examples of Reusable Bags:
Cloth, Hemp and even Baskets



Choose reusable products like glass, paper, stainless steel, wood, ceramic, and bamboo over plastic. I love the challenge of repairing things that need to be fixed.



Last but not least, **RETHINK** what you can't **Refuse, Reduce,** or **Reuse**. This is where you get to put your thinking caps on.



As we start to take on the challenge of reducing our plastic use, pay attention to the entire lifecycle of items you bring into your life.

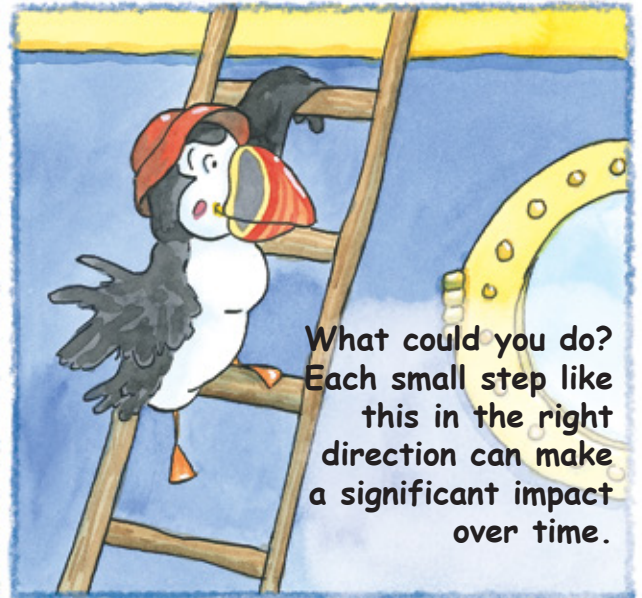


Fun Ideas: Instead of eating string cheese, cut up a block of cheese. Instead of eating chips in small bags, use your own fun containers. Instead of squeezable fruit, eat the whole fruit or cut it into pieces. These life hacks save money too!



Companies can make a big difference. We can change business and policy to support a plastic-free planet.

For example, companies can use reusable metal bottles and filtered water and remove 100% of plastic pens which support **National Geographic Planet or Plastic?** campaign.



What could you do? Each small step like this in the right direction can make a significant impact over time.

Poppy the Puffin has your back.

Follow me and live plastic free!



Thank you for taking the time to learn with Poppy the Puffin. There is always more to learn. Scan the QR code below to take the pledge to be part of the change.



