

FIIGHT FOR THE OCEAN AND OUR WATERWAYS

FOR OUR FUTURE AND THEIRS

Don't forget our waterways feed into the ocean!

Imagine a world without life beneath the waves.
Together, we can make sure that never happens.

Written by Food Empowerment Project

Illustrated by Sharktopia

FOOD
EMPOWERMENT
PROJECT

Because your food choices can change the world.
www.foodispower.org



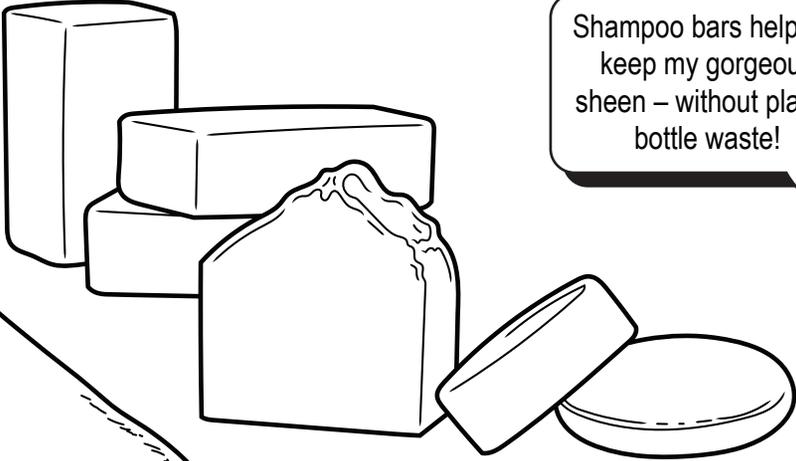
SHARKTOPIA®
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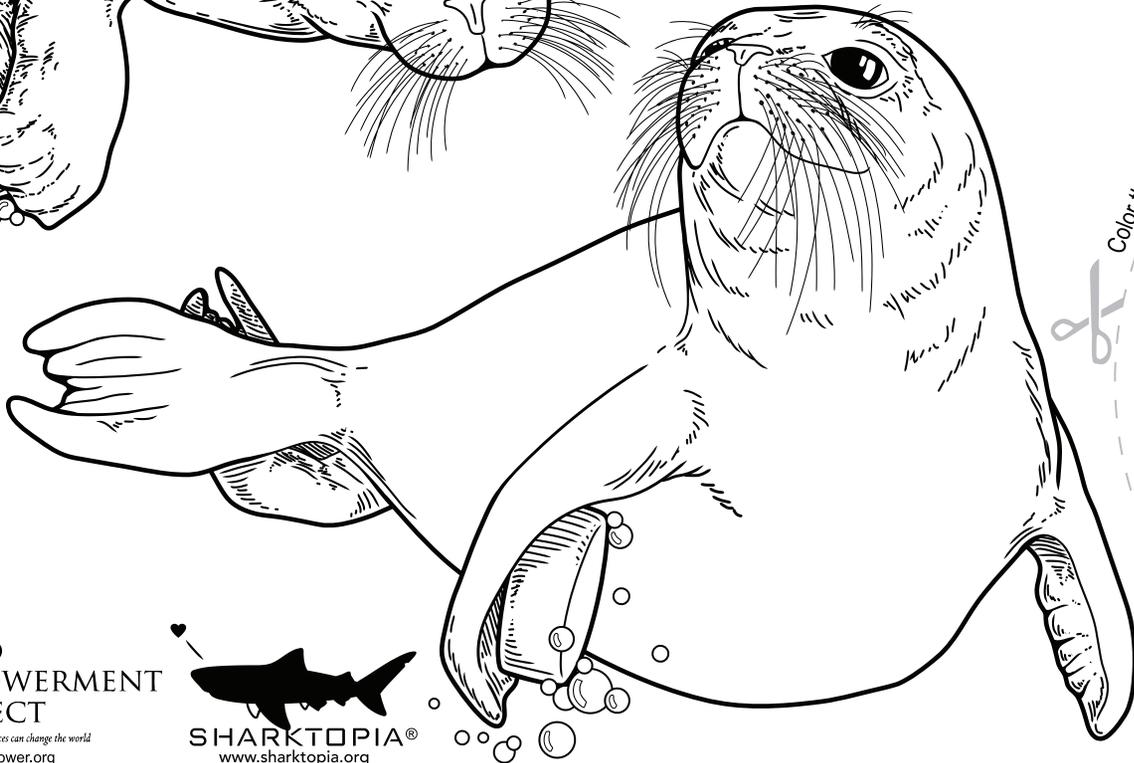
My French press helps me avoid single-use plastics. I love that a latte!



This axolotl can be used as a bookmark, gift tag, ornament, decor, etc.! Cut along the dashed lines and get creative with it!



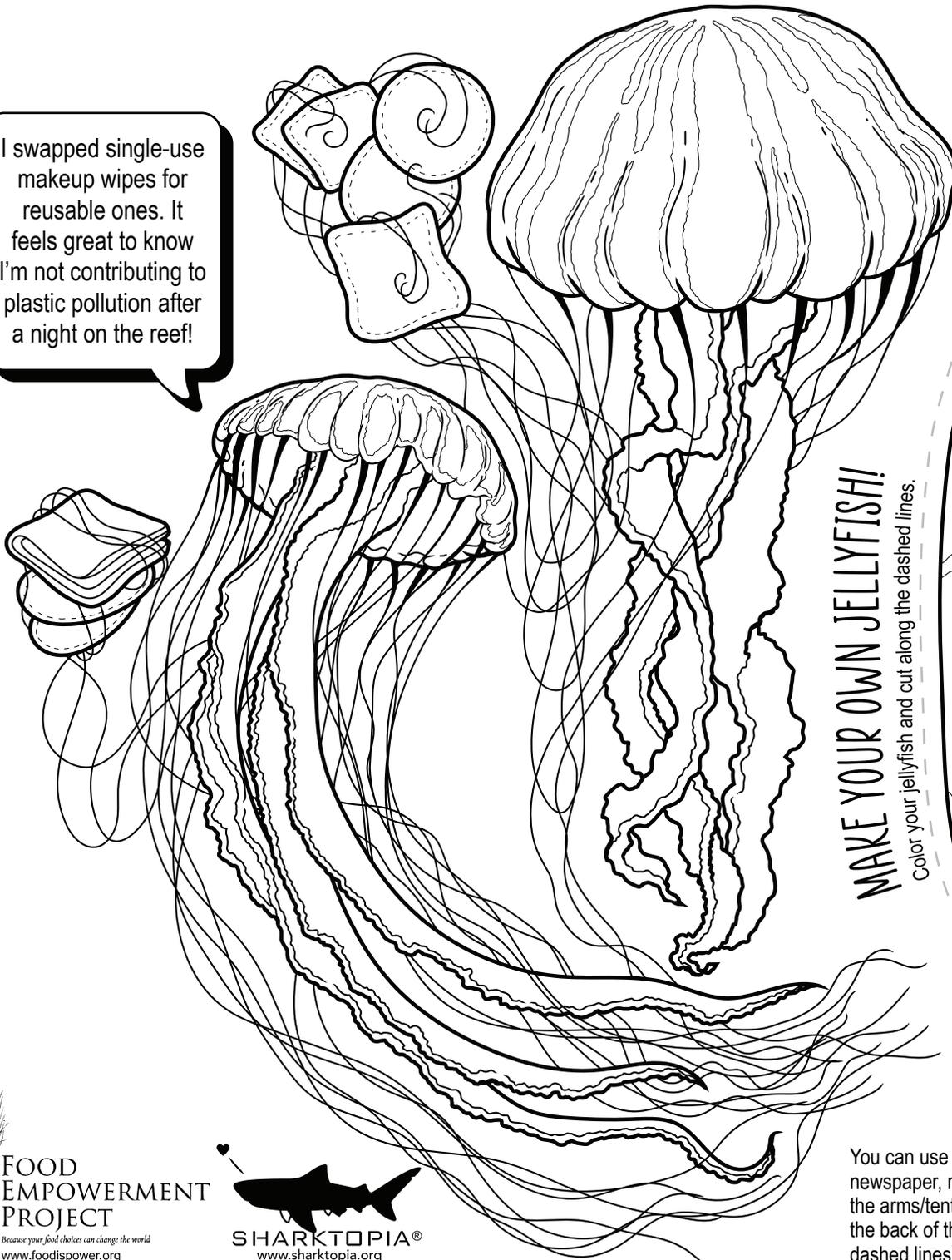
Shampoo bars help me keep my gorgeous sheen – without plastic bottle waste!



Color this 'seal' + cut along the dashed lines!

Uses: Gift tag, ornament, bookmark, etc.!

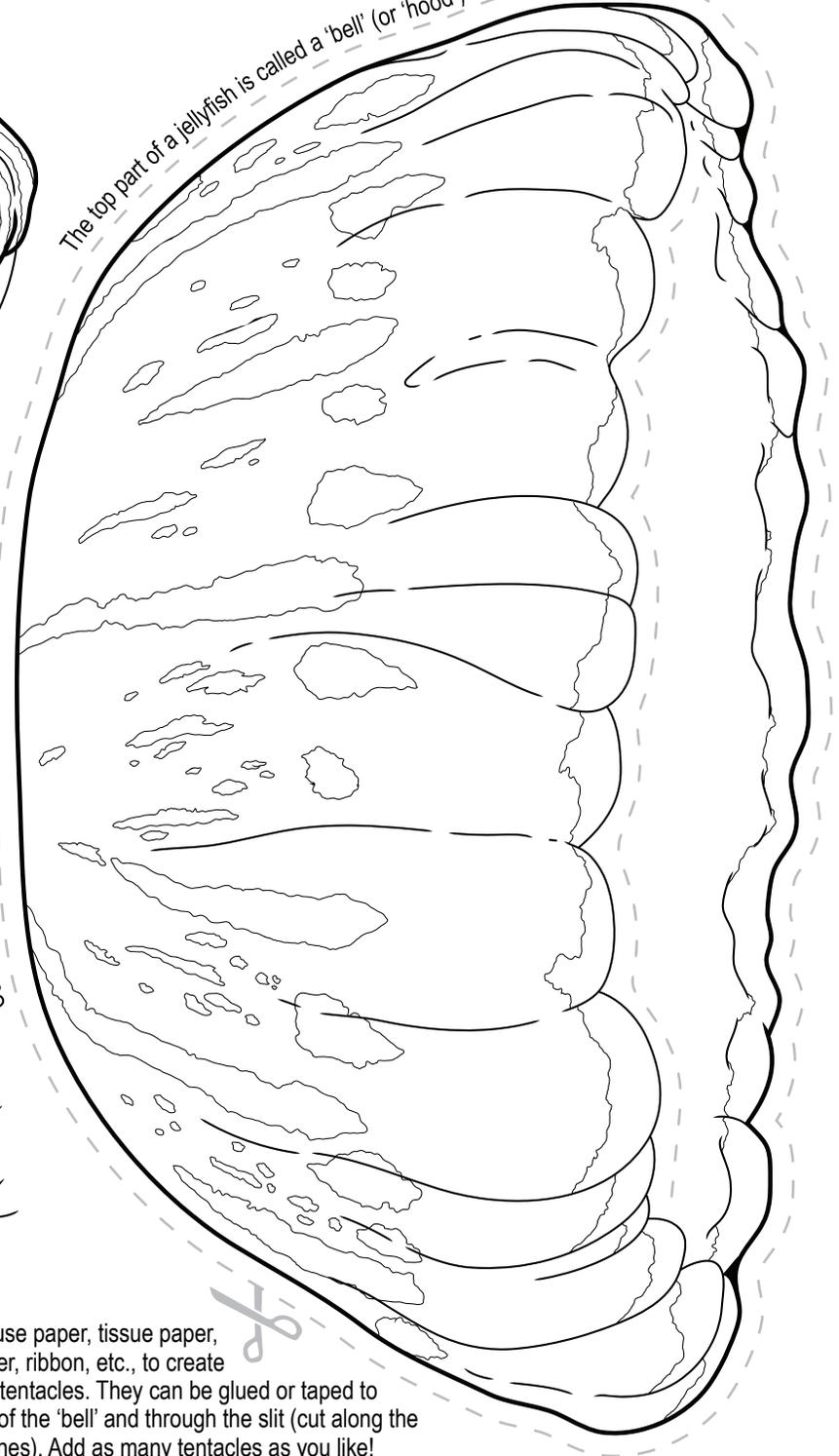
I swapped single-use makeup wipes for reusable ones. It feels great to know I'm not contributing to plastic pollution after a night on the reef!



MAKE YOUR OWN JELLYFISH!

Color your jellyfish and cut along the dashed lines.

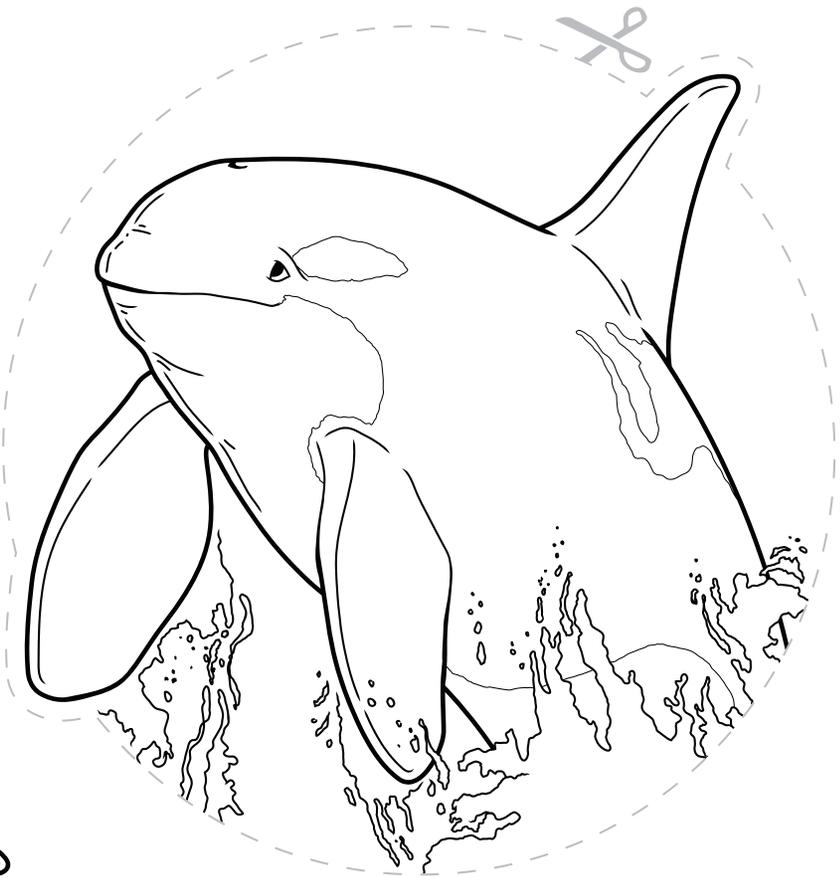
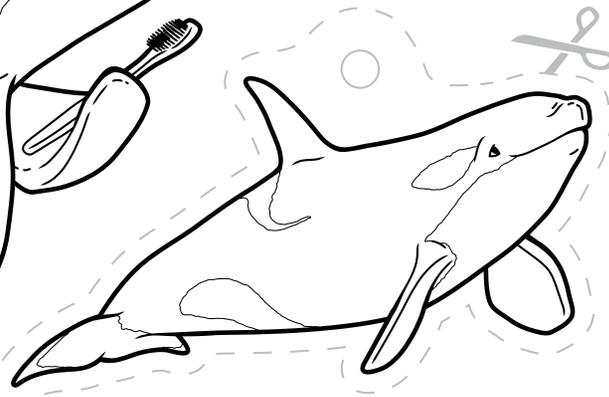
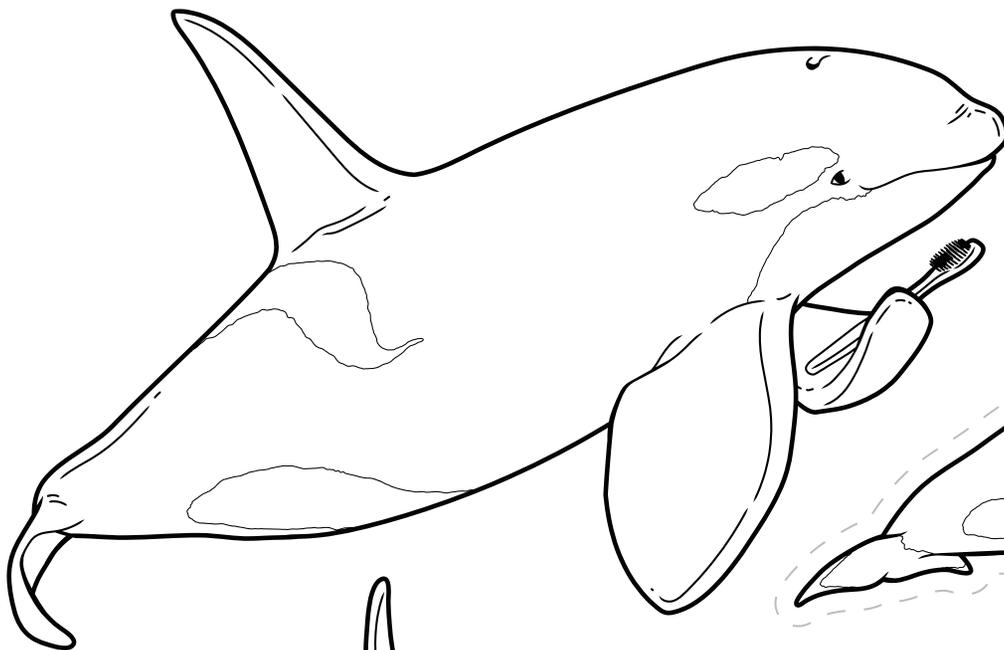
The top part of a jellyfish is called a 'bell' (or 'hood').



You can use paper, tissue paper, newspaper, ribbon, etc., to create the arms/tentacles. They can be glued or taped to the back of the 'bell' and through the slit (cut along the dashed lines). Add as many tentacles as you like!

To prevent excessive waste, we switched to bamboo toothbrushes to keep our pearly whites much longer!

Color the orcas and cut along the dashed lines. They can be used to create gift tags, ornaments, decor, bookmarks, etc.! Get creative with them!



Who needs single-use tissues?
Everybody "nose" that reusable
handkerchiefs are the best!




Cut along the
dashed line and
fold in half to
create a card!

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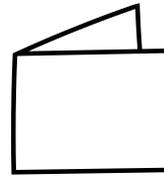
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I bring my reusable metal straw with me wherever I go!
I'm grateful it helps keep me
and my friends safe from
plastic pollution in the ocean.

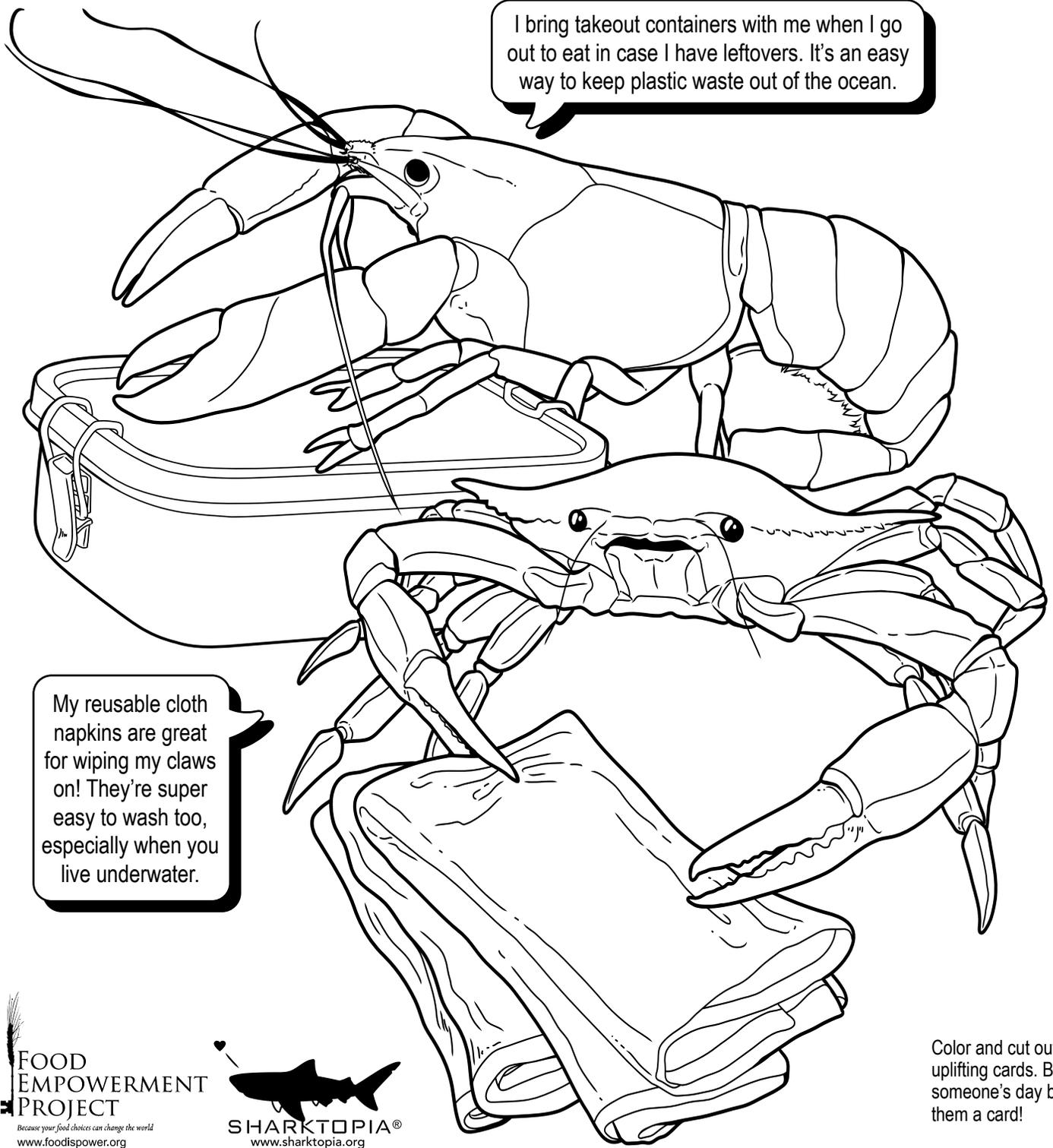


Grateful for
all things;
big & small.



Cut along the
dashed line and
fold-in-half to
create a card!





I bring takeout containers with me when I go out to eat in case I have leftovers. It's an easy way to keep plastic waste out of the ocean.

My reusable cloth napkins are great for wiping my claws on! They're super easy to wash too, especially when you live underwater.

Color and cut out these uplifting cards. Brighten someone's day by giving them a card!

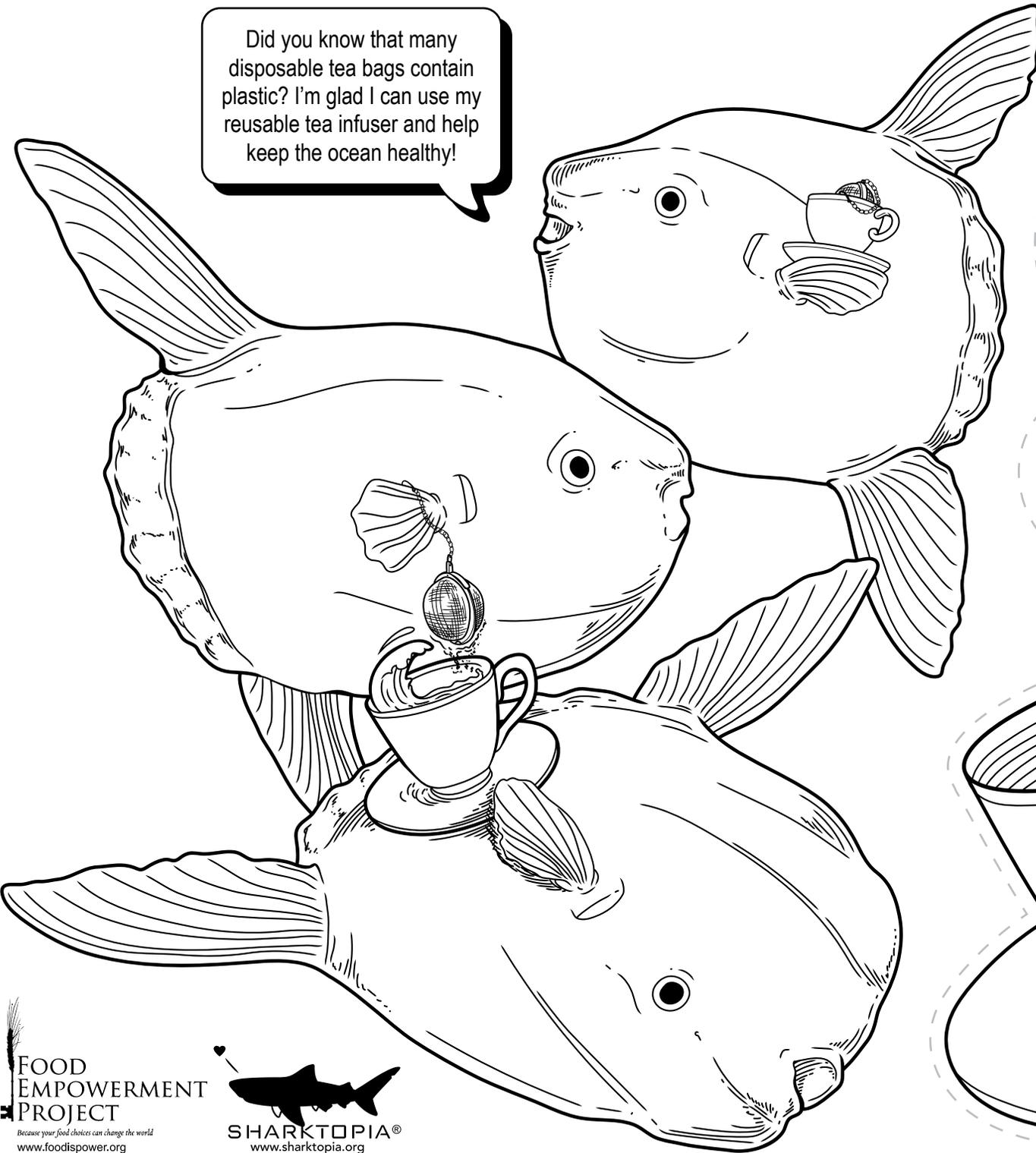
If these cards are printed without scaling (not 'fit to page' or adjusted) they're 3.5"x 2" (standard business card size)



i'M SO GLAD YOU'RE HERE
YOU ARE SO AMAZING!

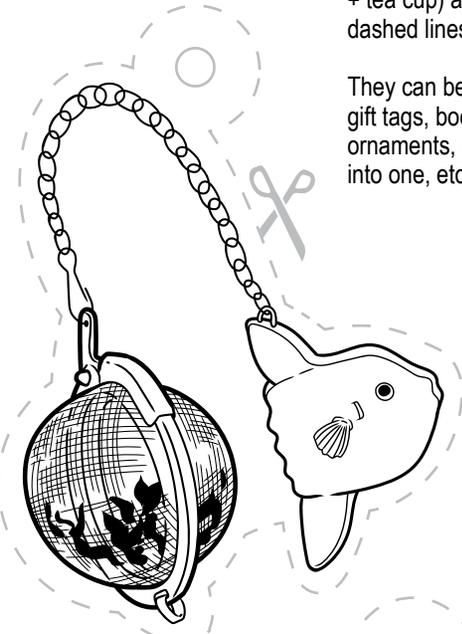
THANK YOU!
Just in case no one told you today... Thank you for everything you've done & everything you're doing

Did you know that many disposable tea bags contain plastic? I'm glad I can use my reusable tea infuser and help keep the ocean healthy!



Color these fun tea items (tea infuser with mola charm + tea cup) and cut along the dashed lines.

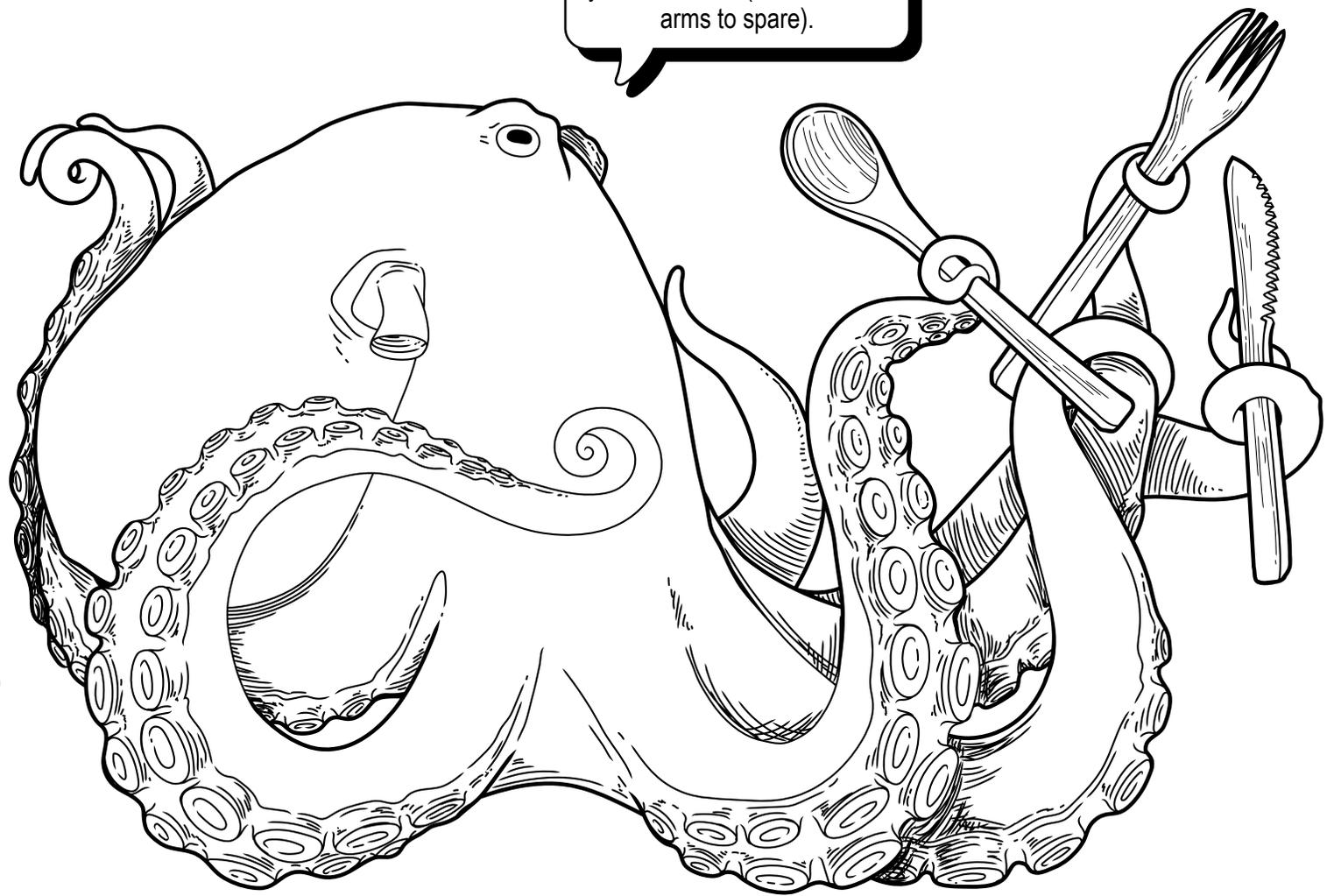
They can be used to create gift tags, bookmarks, decor, ornaments, combine the two into one, etc.



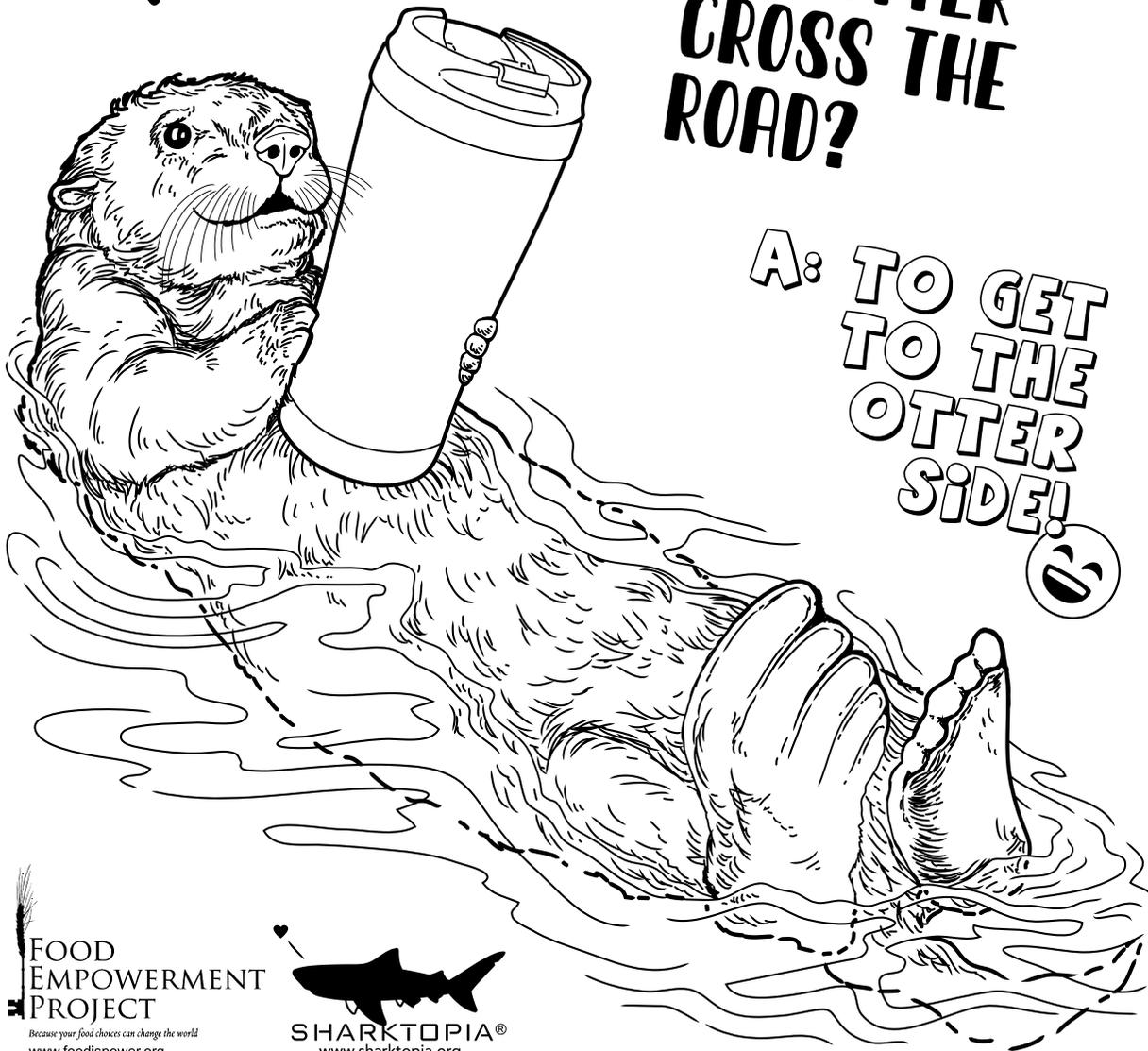
Color and cut out this stack of silly octo pals! They make a great bookmark, ornament, etc. Get creative with it!



I'm well-armed to protect the ocean against pollution with my reusable utensils! They're easy to carry around in case you need them (and still have arms to spare).



I love to cozy up with a warm drink, so I bring my reusable mug with me everywhere! It also helps keep single-use cups from becoming waste.

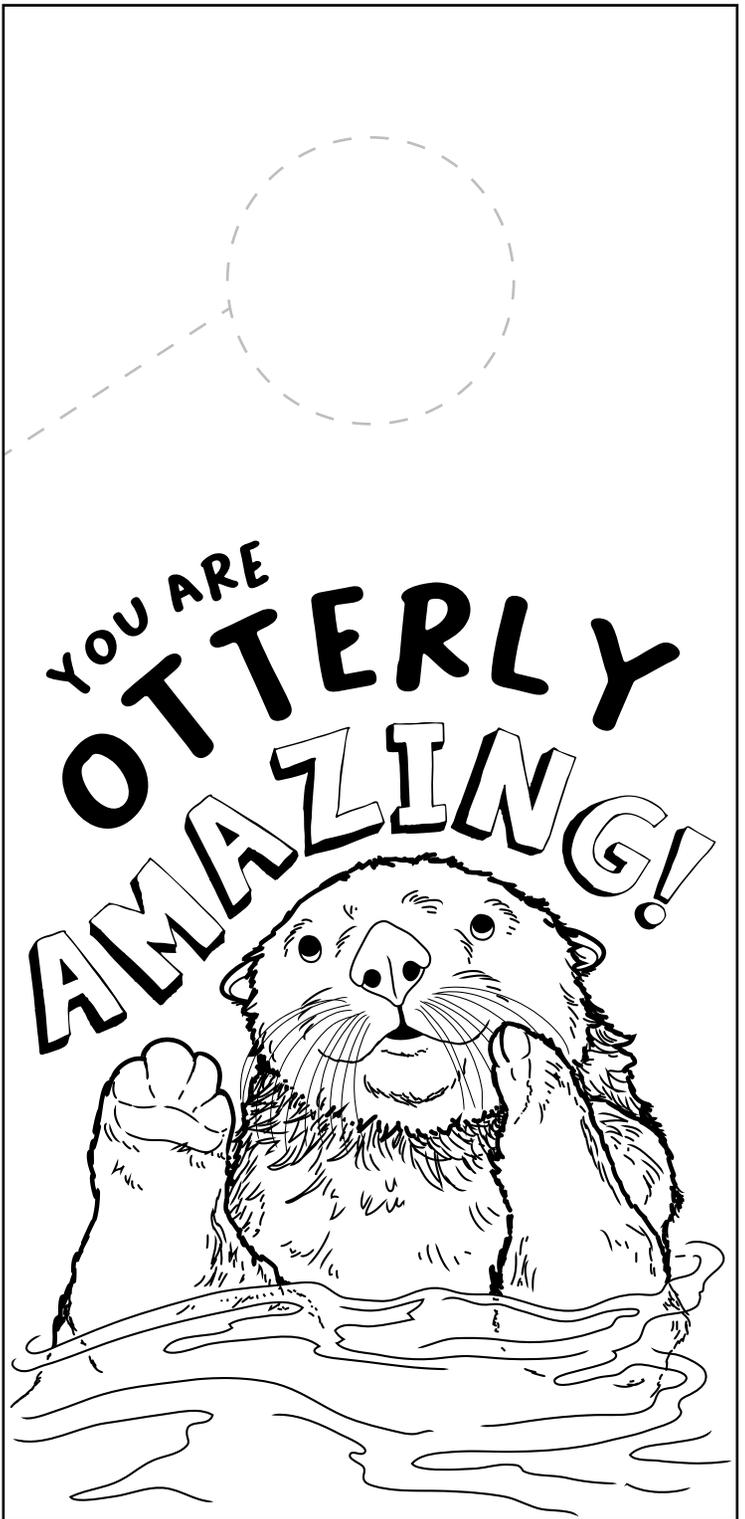


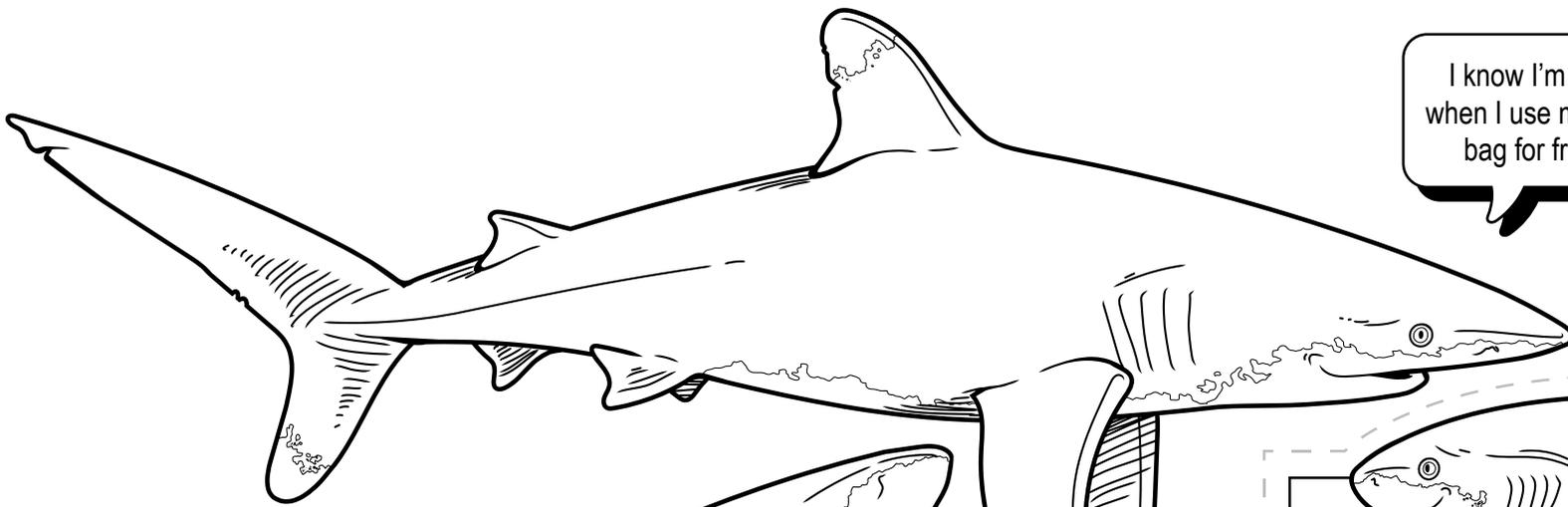
Q: WHY DID THE OTTER CROSS THE ROAD?

A: TO GET TO THE OTTER SIDE!

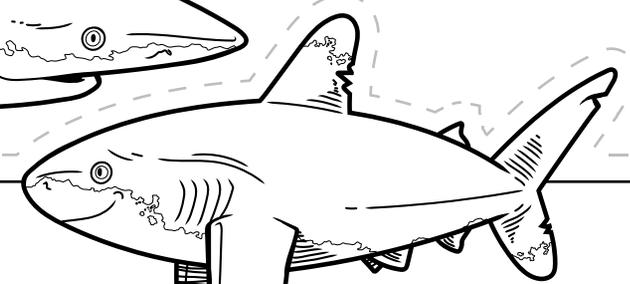
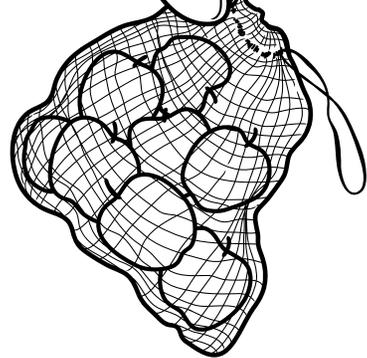


Color and cut out this mini door hanger! Cut along the dashed lines. If the opening (hole) is too small for your door knob, just cut the opening a little larger.





I know I'm helping the ocean when I use my reusable produce bag for fruits and veggies.

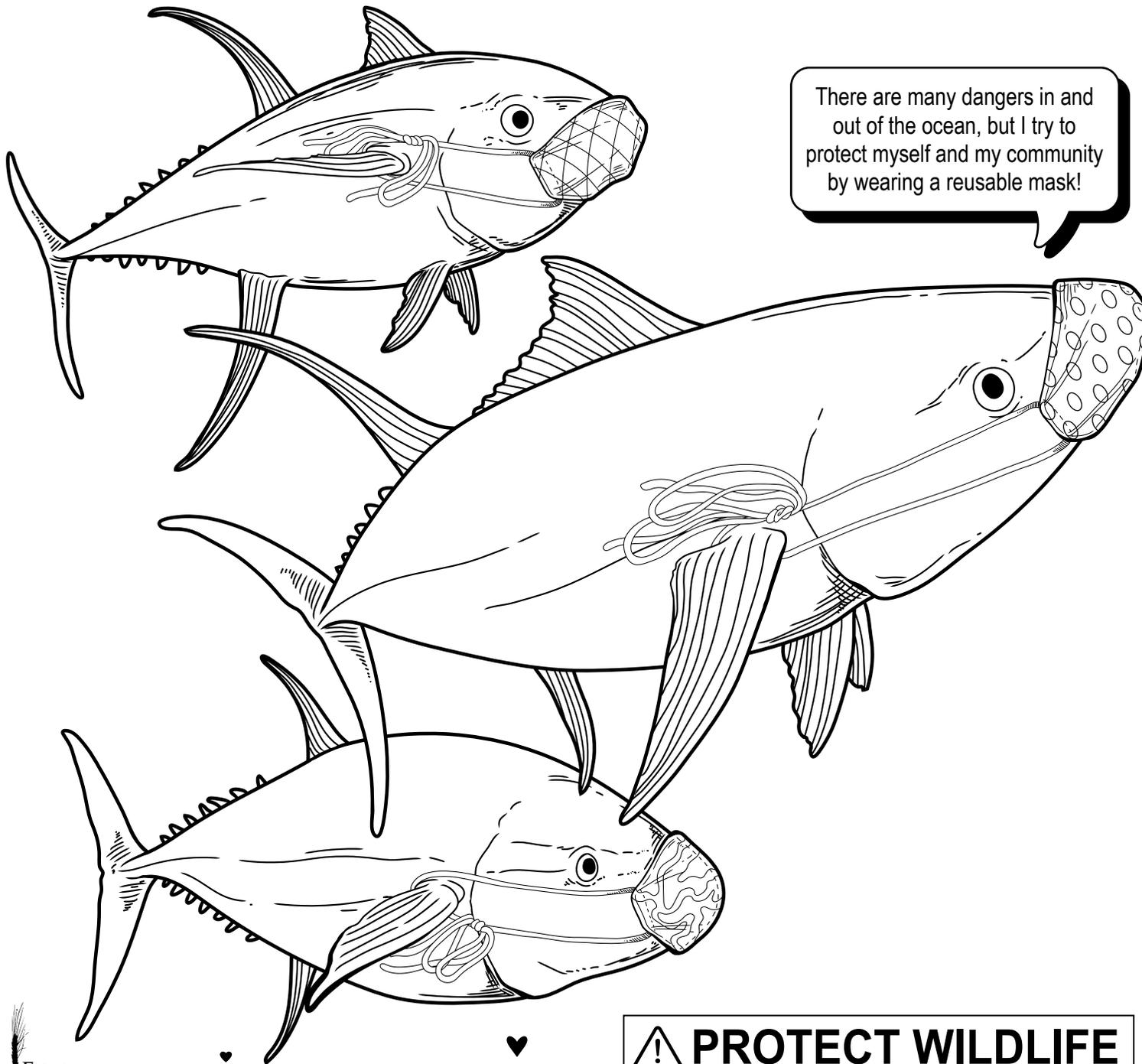


REMINDER

Below the 'REMINDER' banner is a large rectangular area with a dashed border, containing ten horizontal lines for writing.



Color and cut out this 'reminder' list. Use it to help you remember your tote/produce bags, errands, tasks, groceries, etc.!



There are many dangers in and out of the ocean, but I try to protect myself and my community by wearing a reusable mask!

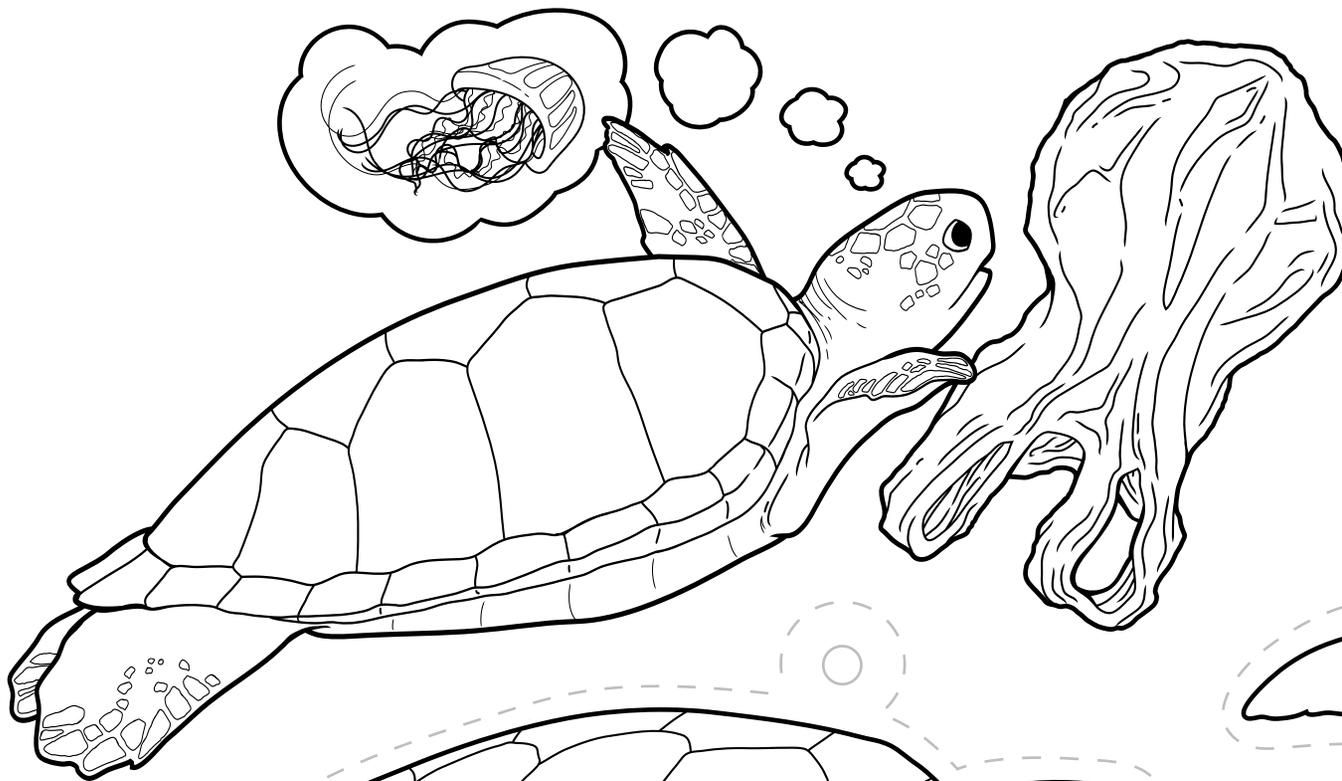
♥
Note: In the fictional world of Sharktopia - all animals can breathe properly while wearing reusable cloth masks.

 **PROTECT WILDLIFE**

 If single-use face masks are a requirement in your life, please remember to cut the straps before you throw them away!

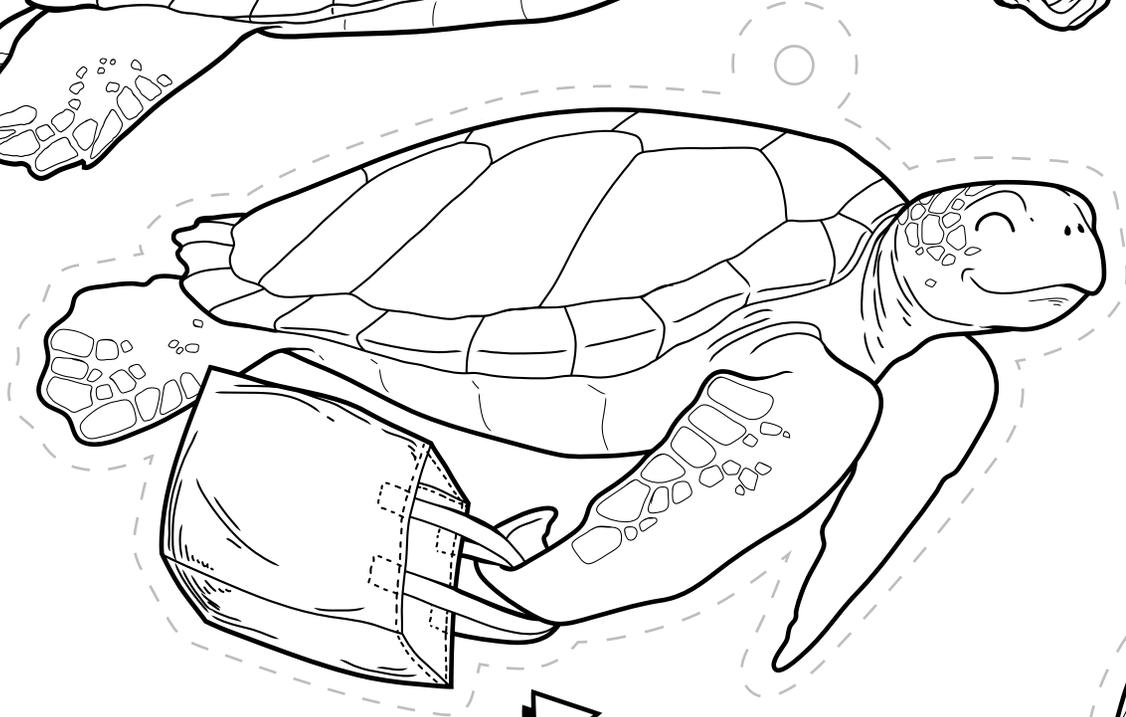
Color and cut out this quote by the Founder and President of Food Empowerment Project. You can use it as a bookmark, sticker, decoration, etc.

"JUSTICE AND COMPASSION SHOULD BE A GOAL FOR ALL FOR EVERYONE."
 ~ LAUREN ORNELAS

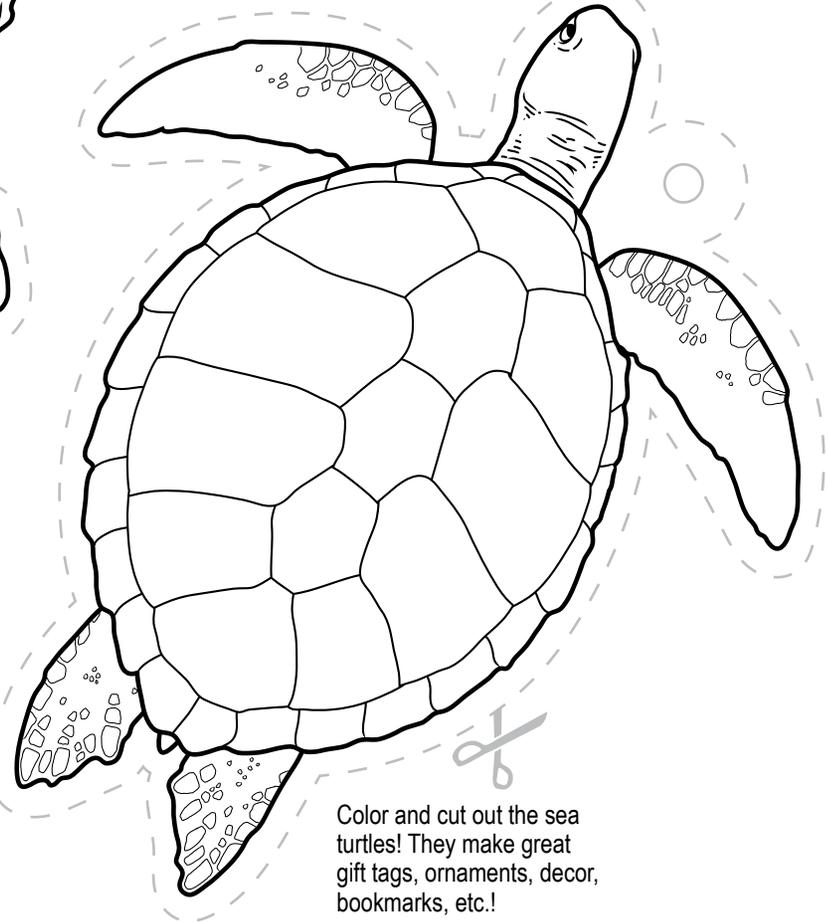


**SINGLE-USE
PLASTIC BAG ☹**

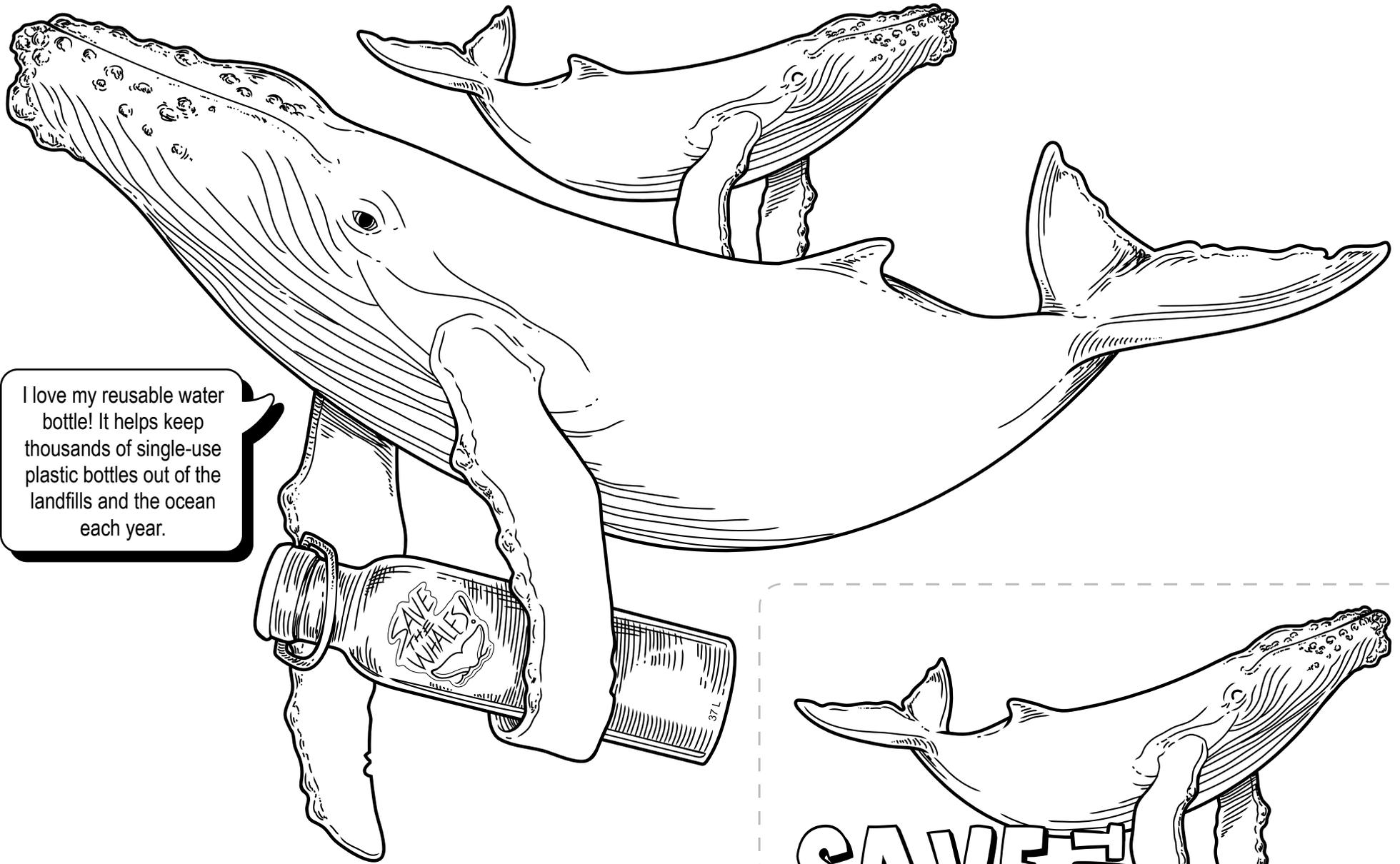
With a life that lasts 50-100 years, I'm one of the oldest living animals in the ocean... but plastic lasts even longer!



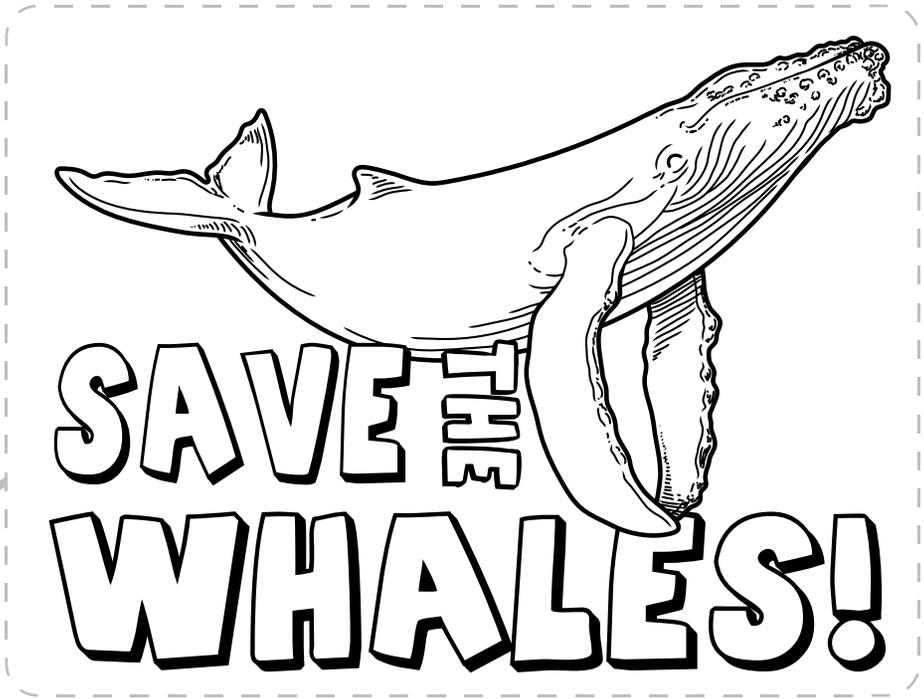
**REUSABLE
TOTE BAG ☺**



Color and cut out the sea turtles! They make great gift tags, ornaments, decor, bookmarks, etc.!

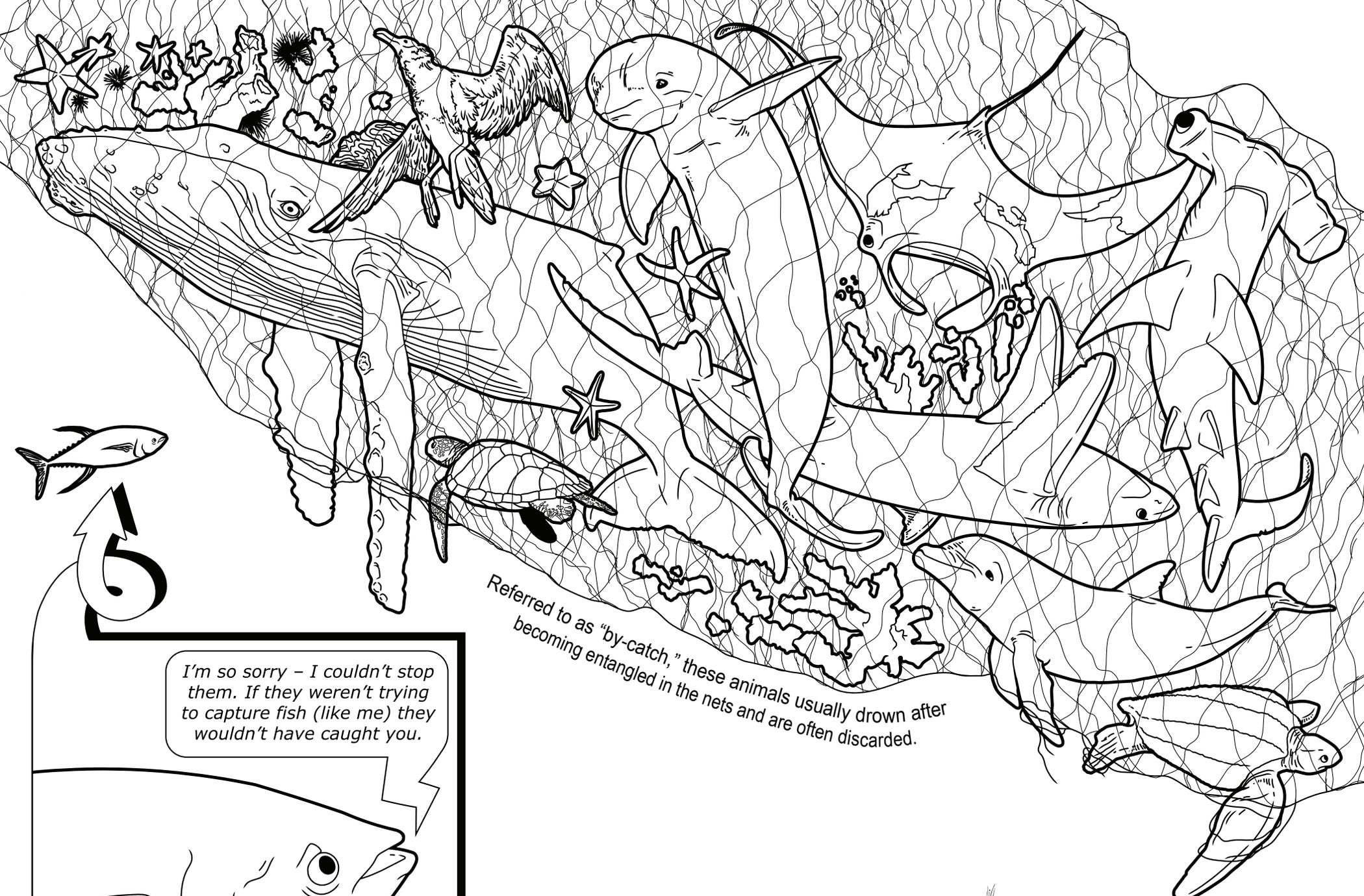


I love my reusable water bottle! It helps keep thousands of single-use plastic bottles out of the landfills and the ocean each year.

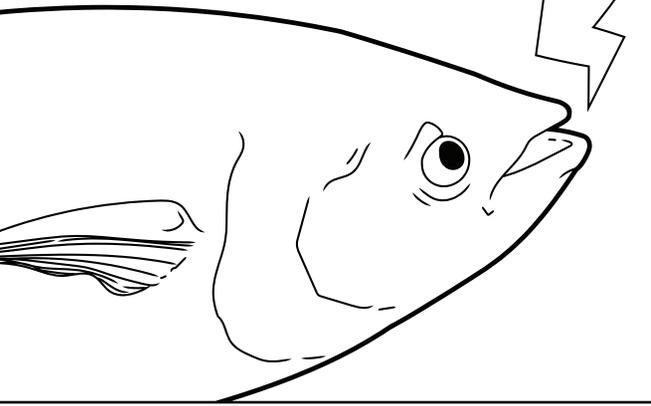


SAVE THE WHALES!

Color and cut out this 'save the whales' card. It works great as a gift tag, ornament, sticker (just add glue), etc. Get creative with it!



I'm so sorry - I couldn't stop them. If they weren't trying to capture fish (like me) they wouldn't have caught you.



Referred to as "by-catch," these animals usually drown after becoming entangled in the nets and are often discarded.

#FIGHT4THEOCEAN

You can learn more about this through Food Empowerment Project:
www.fightfortheocean.org

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