

Love our seaside

This fun activity booklet is to encourage everyone to think how to help keep beaches, holiday parks and the environment clear.



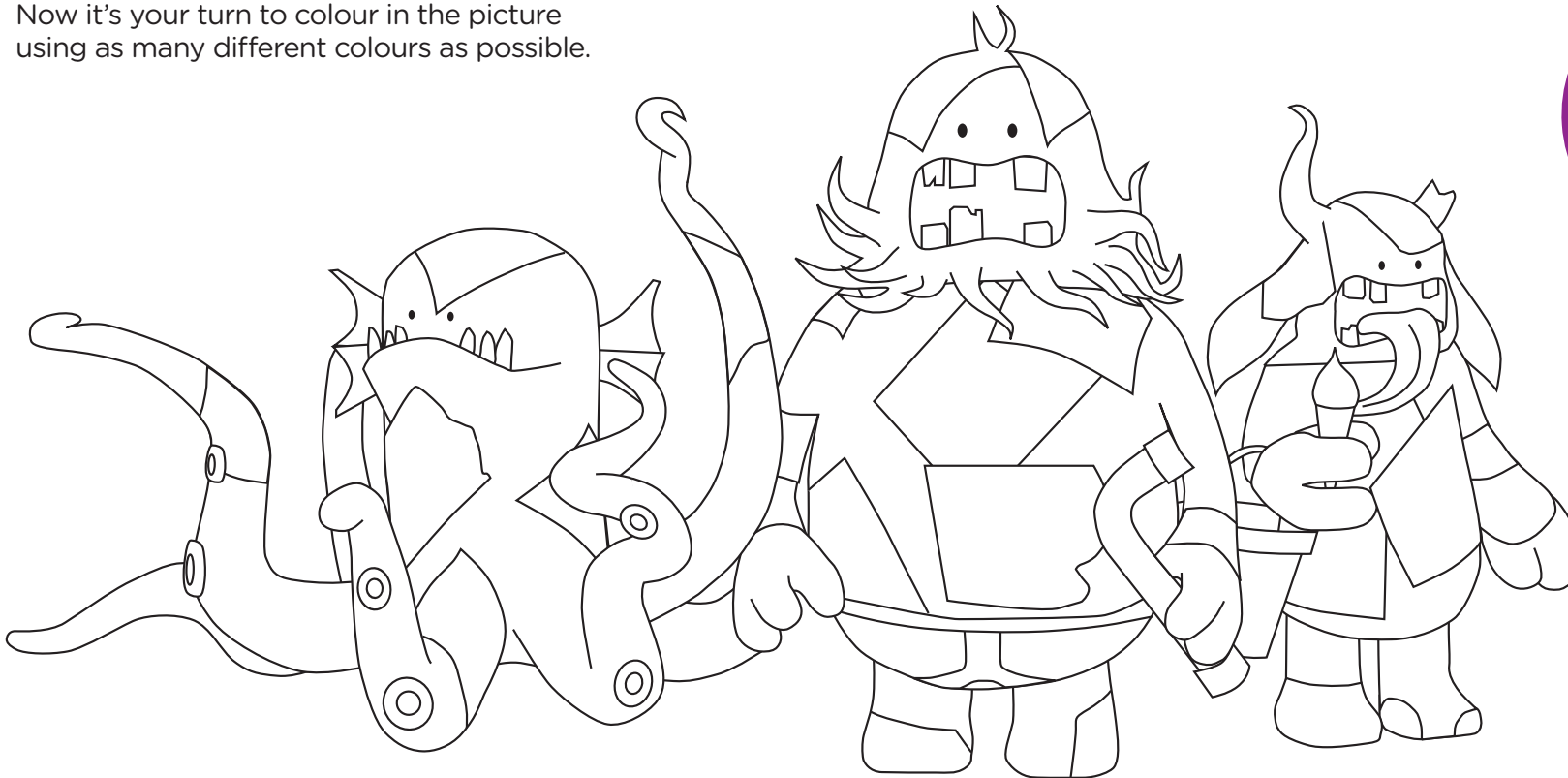
Wet wipes turn nasty when you flush them

New Keep It Clear livery has been introduced to Anglian Water vans featuring the Marine Conservation Society's unflushable monsters that might be lurking in sewers if wipes are flushed down the loo. Anglian Water is working with the Marine Conservation Society to help tackle the problems caused by people using their toilets as bins.



Activity:

Now it's your turn to colour in the picture using as many different colours as possible.



DID YOU KNOW?

Flushed plastics make up around **8.5%** of beach litter.

Plastic particles are found in **1/3 of fish** caught off Britain.

Even moist toilet tissue, wipes and other products marked flushable or biodegradable **DO NOT break down** in the sewer.

Unflushable items like wipes may contain tiny microplastics, which are a massive threat to marine life.

How can you help?

The time has come for all of us to do what we can to turn the tide.

This is a time to help save our seas.

REFUSE

Every bit of plastic ever made still exists on our planet. Try to refuse single use items such as plastic straws and cups.

REDUCE

Try to avoid buying things you'll use once and throw away. Use a sandwich box for your lunch instead of plastic bags and get a refillable drinks bottle.

REUSE

Encourage your family to use reusable bags when they go shopping. Keep them in the car so they don't get left at home.

RECYCLE

Always put rubbish that can be recycled into a recycling bin and never drop litter.

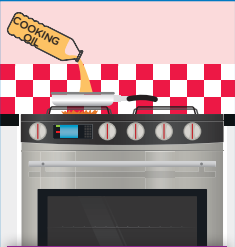
Can you spot the 10 differences between the two pictures?




Activity:

Ask a grown up to help you count up how many times you and your family use the following things in a week. Write the answers in the boxes below.

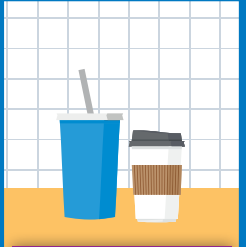
Follow the pipes to find out how you can help protect our beaches, holiday parks and environment.




Cooking oil



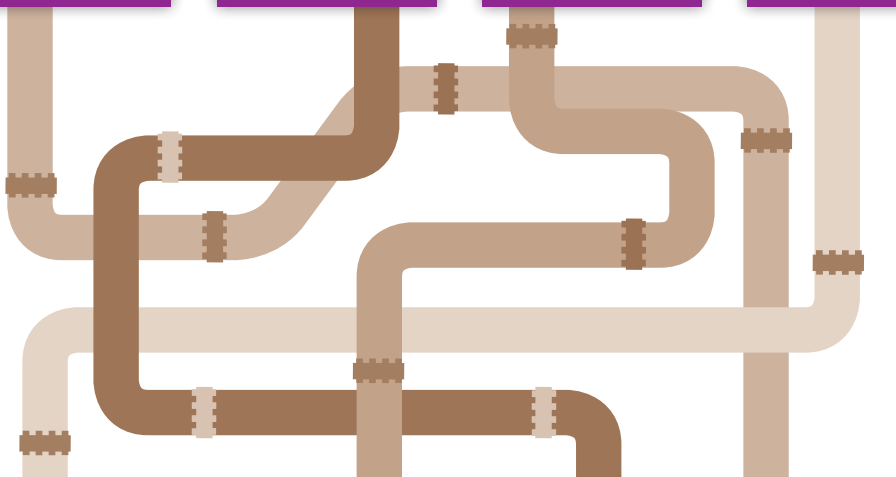
Cotton buds



Single use plastic




Baby/face wipes




Bin wipes

All baby, cleaning and face wipes should never be flushed down the toilet. Even wipes marked flushable do not break down in the pipes and can cause a blockage. Remember to keep a bin in the bathroom.




Say no to single use plastic

Switch to reusable drink cups and say no to straws to help protect marine life, seas and beaches.




Bin cotton buds

Cotton buds should always be put in the bin after use.



Recycle cooking oil

Fat, oil or grease from cooking eggs, bacon, sausages, roast dinners, stir fries and curries should never be poured down the sink. Instead wait until it cools, then bin or recycle.



Wordsearch

There are lots of ways to help keep pipes clear.

Activity:

Find the following words hidden in the word search below.

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | T | K | S | A | N | N | Y | E | F | W | E | C | O | S | P |
| B | Q | E | I | D | T | R | R | N | D | R | E | E | C | E | N |
| A | Q | J | L | T | A | E | P | V | P | P | E | O | H | P | O |
| T | M | H | D | I | C | E | Q | I | Z | M | O | O | L | I | I |
| H | S | E | Z | Y | O | H | B | R | O | K | C | F | W | P | T |
| I | H | F | C | D | C | T | E | O | I | N | A | M | R | S | U |
| N | T | L | K | A | R | W | R | N | R | T | F | W | M | R | L |
| G | E | X | E | N | M | H | G | M | C | C | Y | Y | E | X | L |
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| A | S | N | H | A | I | C | X | N | I | M | E | M | U | A | P |
| T | S | I | B | L | W | K | U | T | N | S | Z | R | G | P | N |
| E | B | U | N | I | N | B | L | O | C | K | A | G | E | P | N |
| R | D | D | P | K | B | R | P | E | S | A | E | R | G | I | G |
| L | D | S | D | U | B | N | O | T | T | O | C | P | O | E | I |
| P | W | I | P | E | S | F | I | K | Z | D | K | B | Q | S | L |
| O | G | L | O | V | E | O | U | R | S | E | A | S | I | D | E |

Bathing Water
Bathroom
Beach
Bin
Blockage
Cooking Oil
Cotton Buds

Environment
Fat
Grease
Kitchen
Love Our Seaside
Microbeads
Nappies

Pipes
Pollution
Recycle
Sewer
Sink
Toilet
Wipes

Quick tips to help care for our sewers, seas and the environment

Look after your sink and loo

- Put wipes and other items in the bin, don't flush them.
- Recycle or bin used cooking oil and food scraps.

Out and about

- Be responsible with your rubbish, put it in the bin or take it home with you.
- Pack your picnic away, don't leave it for birds to eat.
- Clear up after your dog. If it does a poo, bag it and bin it.

anglianwater.co.uk/keepitclear

mcsuk.org/coolseas