



Molly (left) and Ally (right) are from Unama'ki (Cape Breton), Mi'kma'ki (Nova Scotia). They initially met working at the Atlantic Coastal Action Program, and were thrilled to be accepted into the 2022 Ocean Bridge Atlantic cohort.

Together they wrote a book for their action project. In September of this year, they launched their book in St. John's, Newfoundland at an elementary school and a project showcase gala.

Later this year, they plan to launch the book at libraries in both Sydney and Halifax, Nova Scotia.





While writing their book, they prioritized including Indigenous place names, highlighting some of the incredible organizations who work to protect and conserve oceans, using real data to convey the message that every little bit of effort counts and deserves to be recognized, and empowering young people to take action.





While in Newfoundland, Ally and Molly visited Bishop Abraham Elementary to soft launch the book with some classroom story times. Students enjoyed an afternoon of reading and snacks!

Pictured are Molly, Ally, Jillian (teacher), and students who received 45 copies of Every Little Bit for their school library and classrooms.

Please read at your own pace, enjoy!





Molly (à gauche) et Ally (à droite) sont originaires de Unama'ki (Cap-Breton), Mi'kma'ki (Nouvelle-Écosse). Elles se sont rencontrées en travaillant pour le programme d'action côtière de l'Atlantique et ont été ravies d'être acceptées dans la cohorte 2022 de l'Ocean Bridge Atlantic.

Ensemble, ils ont écrit un livre pour leur projet d'action. En septembre de cette année, ils ont lancé leur livre à St. John's, Terre-Neuve, dans une école primaire et lors d'un gala de présentation de projet.

Plus tard dans l'année, ils prévoient de lancer leur livre dans les bibliothèques de Sydney et de Halifax, en Nouvelle-Écosse.





Lors de la rédaction de leur livre, ils ont donné la priorité à l'inclusion des noms de lieux autochtones, à la mise en avant de certaines des organisations incroyables qui travaillent à la protection et à la conservation des océans, à l'utilisation de données réelles pour faire passer le message que chaque petit effort compte et mérite d'être reconnu, et à la responsabilisation des jeunes pour qu'ils agissent.





Pendant leur séjour à Terre-Neuve, Ally et Molly se sont rendues à l'école élémentaire Bishop Abraham pour lancer le livre et organiser des séances de lecture en classe. Les élèves ont profité d'un après-midi de lecture et de collations !

Sur la photo, Molly, Ally, Jillian (enseignante) et les élèves qui ont reçu 45 exemplaires de Every Little Bit pour leur bibliothèque scolaire et leurs salles de classe.

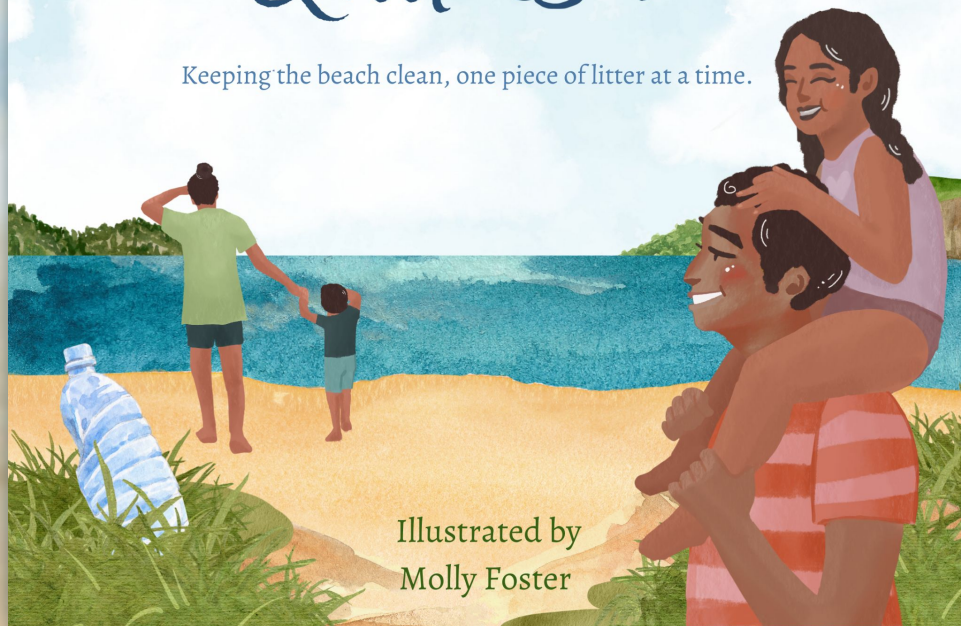
Lisez à votre rythme et amusez-vous bien !



Ally Chant & Molly Foster

Every Little Bit!

Keeping the beach clean, one piece of litter at a time.



Illustrated by
Molly Foster

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Every Little Bit!

Keeping the beach clean, one piece of litter at a time.

WRITTEN BY ALLY CHANT & MOLLY FOSTER

ILLUSTRATED BY MOLLY FOSTER

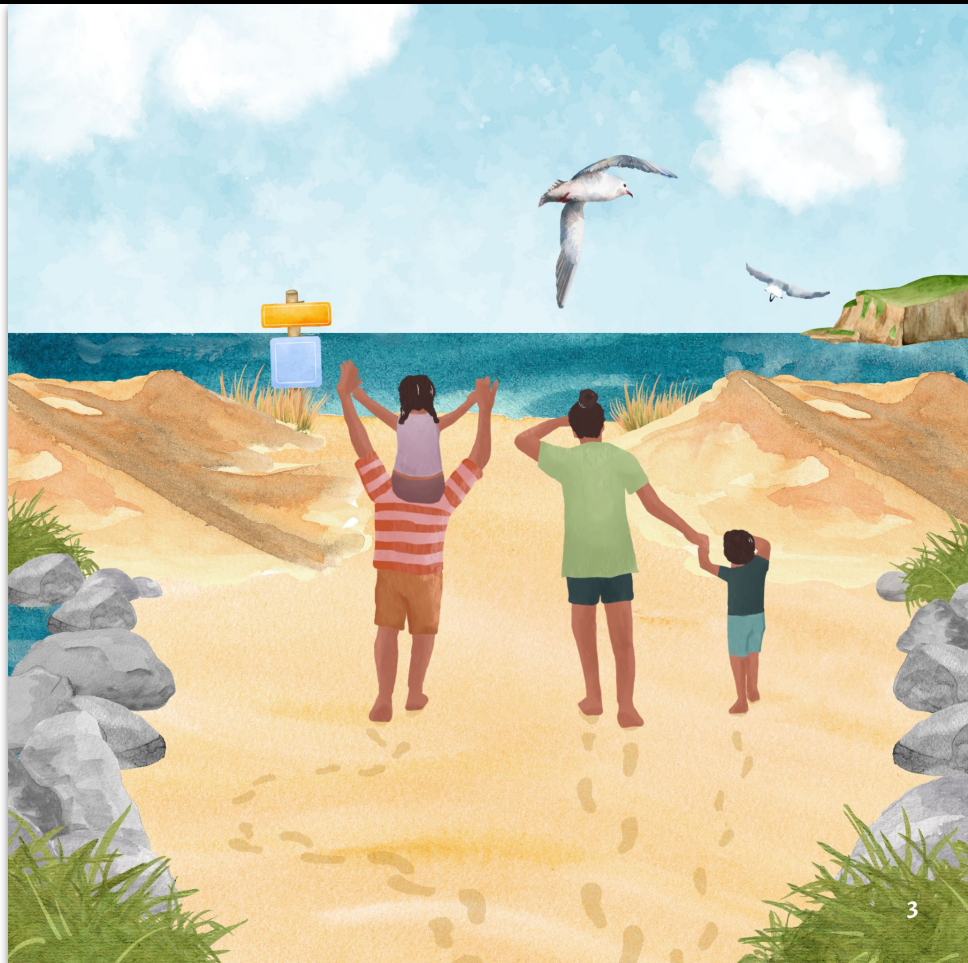


One sunny summer morning, a little girl named Blossom and her family decided to cool off at their favourite beach in Glace Bay, Nova Scotia.

Big Glace Bay Beach is in **Unama'ki***, an island on the East Coast of Canada. Lots of plants, animals, and insects call it home!



2 *Unama'ki (oo-na-mah-gee) is the Mi'kmaq word for Cape Breton Island.





As Blossom and her family walked toward the water, they spotted a big yellow sign that said,

'Protected Beach: No Cars, Unleashed Dogs, or Littering!'

Big Glace Bay Beach is a migratory bird sanctuary — a protected area where birds can visit and raise their babies. Following the rules helps maintain a safe, stable habitat for the piping plovers and other birds that live here!



"Hooray!" Blossom cheered. "I'm going to find the perfect place for us to relax in the sand!" As she scanned the beach, her eyes locked on a mysterious, roped-off area.



WHOOSH!

Blossom took off as fast as she could, carefully avoiding any shells and rocks in her path. Just as she was about to jump over the rope, she felt a hand on her shoulder.

"I wish we could set up in that area kiddo, but those are sand dunes! Plovers and other birds and animals live there, so we should steer clear of them to avoid disturbing their home."

Her dad smiled down at her, "Let's find another spot."





Blossom's dad guided her closer to the water, where the sand was wetter and harder-packed. She ran ahead, leaving her family in the distance, her towel trailing behind her like a cape.

As the sand whizzed by beneath her feet, she saw:



1 shell...



2 shells...



3 shells!

This was definitely the perfect spot to set up! With a few big shakes, she lowered her towel to the sand.

Once her mom and baby brother caught up, Blossom and her dad set off to find the perfect rocks to hold down their towels.

While strolling along the shore, they saw a group of people wearing bright orange vests. As Blossom got closer, she noticed they were all carrying giant garbage bags and had long, shiny green claws in their hands!

Abandoning her rocks, Blossom sprinted over to investigate.

Her feet skidded as she stopped in front of a tall, blond boy. He extended his hand, "Hello there, I'm John!"





“What are all of you doing?” Blossom asked.

“We’re the Trashformers!” John replied, “we work with ACAP Cape Breton and the Cape Breton Regional Municipality to clean up trash all around Unama’ki! Someone called us to report litter, so we came to help out!”

“How much litter do you pick up?” Blossom asked excitedly.

One of the other Trashformers, Anna, chimed in “it all depends on where we are and what kind of trash we find.”

She held up her garbage bag and said, “But, no matter how much litter we collect, **every little bit** counts!”

Blossom was shocked! How could there be this much garbage everywhere?

As she processed this new information, she caught a glimpse of something glistening in the water. She pointed out the shiny object to the Trashformers.

In the distance, a lone plastic bottle bobbed up and down in the waves. Someone must have left it onshore days ago!





“What happens to the litter we can’t reach?” asked Blossom, her eyes laser-focused on the bottle.

“That’s a tricky question,” said Anna, “sometimes we can get it with special tools, like a net or a rope, but other times we need to leave it behind to focus on the litter we *can* reach.”

Blossom plodded behind her as she continued: “It’s always important to pick up as much garbage as possible, especially here in **Mi’kma’ki**!”*

“Any litter within 50 km of an ocean is considered ‘**ocean-bound**,’ meaning it has a higher chance of ending up in our waters. This is concerning because most of our province lies within 50 km of an ocean!”



*Mi’kma’ki (meeg-mah-gee) is the Mi’kmaq word for Nova Scotia.

Anna directed Blossom's attention back to the water bottle. "Ocean-bound plastic will eventually break down into smaller pieces called **macro** and **micro-plastics**. These tiny pieces of plastic can be consumed by animals, end up in drinking water, and have harmful impacts on an ecosystem!"



Blossom shut her eyes tight and imagined herself swimming deep into the ocean to collect all of the trash!

"Here," John smiled and handed Blossom an empty garbage bag, "now you can do a cleanup of your own!"





Blossom was very grateful the Trashformers stopped to talk! She decided she would hunt for litter alongside her dad as he continued looking for big rocks.

By the time they returned to their family, Blossom had picked up plenty of interesting things! She found some small, colourful rubber bands that her mom said were '**lobster bands**,' a piece of rope that she decided to make a bracelet with, and a bright green sandcastle bucket that she gave to her brother!

She had also collected some netting and other garbage in her bag. Blossom looked at her collection, happy with her haul.





As she settled down on her towel, Blossom once again noticed the plastic bottle, still drifting farther and farther from shore.

She sighed and looked at her mom. "Will it ever get picked up?"

"Well," said her mom, "There are lots of groups in Unama'ki that help take care of the environment. Here we have **The Trashformers**, **The Cape Breton Environmental Association** and the **Big Dirty Beach Cleanup Crew**. In Mi'kma'ki, there are groups like **Scotian Shores** and **The Nova Scotia Environmental Network**, and there are cleanup organizations all across Canada as well, like **Ocean Wise**!

It made Blossom feel much better to know that other people care about litter just as much as she does. She stretched and opened her mouth into a big yawn.

Cleaning up is hard work, but **every little bit** counts.



Between 2011 and 2022, **The Trashformers** collected 100,050 lbs of litter in Unama'ki, and Scotian Shores collaborative data shows that over 326,000 lbs of shoreline debris have been removed since 2020!

The majority of items picked up are **plastic-based**.



Here are some ways you can help:

Organize a litter cleanup with your friends and family or at your school!
You'll need bags, gloves, and some adults to help with heavy or sharp objects.

Always make sure your garbage ends up in the proper place!
Keep your trash off the ground, and sort everything into the correct bin (paper, plastic, compost, etc.)

Keep researching more ways to protect our ocean!
Look for educational books at your local library, or ask your grownup for help researching on the internet! For more resources, go to www.ocean.org.

ALLY CHANT



CO-AUTHOR

Ally is incredibly passionate about litter and waste education, and has overseen the Trashformers program for two years now. She loves upcycling litter and creating decorations and cat toys from things that would otherwise be garbage. She loves to spend time outdoors, especially with a cup of tea in hand.

MOLLY FOSTER



CO-AUTHOR & ILLUSTRATOR

An architect-in-training, Molly naturally loves intertwining sustainability and art. She is an avid outdoorswoman who loves travelling to new places, taking inspiration from nature (especially fungi), and meeting interesting new people. Talking about the environment with curious youth always puts her in a happy mood!

Every Little Bit!

Did you know that almost all litter in Nova Scotia ends up in the ocean?

On a family trip to a Nova Scotian beach, a little girl named Blossom learns the importance of keeping garbage out of our water thanks to a litter cleanup crew called the Trashformers.

Seeing litter on the beach can feel overwhelming, but there are teams all across Canada who care about keeping our shores clean!

