

# The Clean Bin Challenge

Presented by the North Columbia Environmental Society

April 27<sup>th</sup>-May 27<sup>th</sup>

## The Challenge:



### Zero landfill waste for one month

Avoid buying new material goods, and attempt to live without producing garbage for one month.

## How does it work?



Keep any waste you generate destined for the landfill between the dates April 26<sup>th</sup>, and May 26<sup>th</sup>. How much is there?? You'll need to present your month's worth of garbage for an audit. Judges will assess the winners based on weight and the amount of avoidable waste that appears in your pile.

\* There is no need to include your compostables, recyclables, or any items you are keeping for re-use.

Meet at the Chickadee Nature Festival on McKenzie Avenue at **11am on May 27<sup>th</sup>** for your garbage audit.



## Prizes!

Prizes! Prizes! Prizes!

(we'll have some great ones)



# The Rules

1. No buying stuff
2. No producing garbage. This means avoiding packaging (I.e., not buying excess packaging or non-recyclable packaging.)
3. Take responsibility for your waste. Take all waste produced by you personally home to recycle, compost, put into garbage bin, etc.

## Here are some tips & ideas on everyday things you can do.

Not all of them reduce curbside garbage, you'll likely agree that they all reduce the amount of garbage in our environment. (Adapted from [www.cleanbinmovie.com](http://www.cleanbinmovie.com))

- 1. Stop Using Plastic Bags.** Everyone knows this one – they sell fabric bags in every super market these days – but still, every time we're in the checkout line, there's someone without one. Make a rule for yourself. No bags. If you forget your bag, don't buy it, or carry your goods without one. Use cotton or mesh bags for produce and bulk as well. This isn't just for groceries either. Have a pocket-size bag on you when you're clothes shopping or just going out – you never know when you might buy something.
- 2. Set Up Your Recycling in a convenient place.** This sounds like a little thing, but it has a big impact! We found that if we have bins in the kitchen, we were more likely to use it than if we had to walk downstairs and outside every time we wanted to recycle a tin can. These are all "dry" recyclables, so they should be washed clean and won't smell. Don't be afraid to put them out in the open. If you have a nice set of baskets, people are more likely to ask what your system is all about, and you can share your recycling knowledge.
- 3. Compost!** This is the single most effective way to cut your garbage output. According the David Suzuki Foundation, "roughly 40% of the waste in our landfills is compostable organic matter". That's crazy! If you compost properly, composts don't smell, and you can cut your trips to take out the odorous trash by half! You can get a small worm composter for your deck or kitchen or a bigger one for outside.
- 4. Recycle** everything you can. I mean everything. Look on your municipal website or give them a call to find out exactly what they take. It helps to have a list posted on the inside of a kitchen cupboard as a quick reference. Remember that even little bits, like paper receipts, are recyclable, and small things add up.
- 5. Give Up Take Out Containers.** And we're not just talking about coffee cups. When you're leaving the house in the morning, and you don't have a lunch with you, it's pretty obvious you're going to have to buy something, so grab a container and some cutlery. We keep a couple "to go kits" in the car with our fabric bags. If you're buying something simple like a piece of pizza or a muffin that you'll eat right away, just ask for it in your hand.
- 6. Check the Package BEFORE you Buy It.** This is another one that sounds easy to do but is also easy to forget. You can keep a reminder card in your wallet listing they types of containers your city picks up. If they're not recyclable, we make a choice when we're in the store not to buy them. We also try to go for "pure" packaging products like glass instead of composite products like tetrapaks that are hard to recycle.
- 7. Buy Secondhand.** Besides saving you money, previously loved goods don't come with packaging. Who says you need a brand new bread machine or a brand new frying pan. There are millions of them already out there, and a lot of them need a new home. Try the Soke List, craigslist, freecycle, or your local thrift shop.
- 8. DIY (Do It Yourself).** You can make a surprising number of things yourself (and save some serious cash at the same time). You can make everything from bread to clothing to laundry soap! Check out the Clean Bin blogg to see what they've been up to.
- 9. Get Educated.** Read about recycling and going waste-free to learn about what others are doing. Watch [The Story of Stuff](#) on line, an eye opening animated, short film about the cycle of waste and consumerism. Search the internet for information on waste. There is tons of information out there that can help you reduce your garbage.
- 10. Let businesses know how you feel.** Leave your packaging at the till or mail it back to the manufacturer. Writing a letter or calling a company goes a long way; I almost always get a response of some kind.

\*\* For more information about recycling and composting in Revelstoke, see the attached information provided by the CSRD and the City of Revelstoke.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Will you allow any photographs or videos taken as a means of documenting this challenge be available to the public? (circle Yes or No)      YES      NO