

peg leg films presents

the clean bin project



"A competition where less is more"

Directed and Edited by:	Grant Baldwin
Written, Shot, and Produced by:	Jenny Rustemeyer and Grant Baldwin
Additional Camera by:	Howie Choy and Keith Freeman
Animation:	Jer Unrau, Jon Conway, and Grant Baldwin
Original Music by:	Grant Baldwin
Additional Music from:	Mark Attack, Jon and Roy, Aaron Cadwaladr, Sinewave, Phontaine

Running Time:	76 minutes
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Short Synopsis

Average couple Grant and Jen go head to head in a competition to live zero waste for an entire year. An inspiring and refreshingly comedic eco-documentary about the serious issue of waste in our "throw away" society.

"One of the most candid and humorous films I've ever seen"

-Nicole Trigg, The Squamish Chief

"Engaging not lecturing. Surprising and delicious humour. Really, really well shot and edited. Ultimately challenging and deeply moving. Go out of your way, way out of your way to see this."

-Michael Sobota, North of Superior Film Association

"Inspiring, thought provoking, funny, sad and superbly put together."

"Hilarious and inspiring! The soundtrack was amazing. What a great film"

"This documentary will blow your mind and inspire you to take action all at the same time"

"My husband made us a composter the day after we saw your movie!!"

Synopsis

Jen and Grant are average folks who go head to head in a comedic competition to see who can produce the least amount of garbage in an entire year. Armed with bathroom sized garbage bins, the couple swears off consumerism and attempts to “live with less”. Their light-hearted rivalry is set against a darker examination of the sobering problem of waste in North America. Even as they garner interest in their project and find themselves becoming unintentional zero-waste spokespeople, Jen and Grant struggle to find meaning in their seemingly minuscule impact on our “throw-away” society. Featuring engaging interviews with renowned artist, Chris Jordan and marine pollution expert, Captain Charles Moore, *The Clean Bin Project* presents the serious topic of waste reduction with optimism, humour, and true inspiration for individual action.

People

Grant Baldwin, Director/Editor Grant is the guy who first sat up in bed and said "hey, let's do a buy nothing year, and let's stop making garbage"; he's the guy who made the clean bin project go from a crazy idea to an awarding winning film. Grant began his career producing music for film and television; after formal schooling in audio engineering, he went on to produce his own music under the name Phontaine, releasing three albums, creating the score for a number of productions, and securing placements in hit shows such as Damages, The OC, and Sacred Planet Imax. After working closely with top filmmakers, moving from music to being behind the camera was a natural progression. *The Clean Bin Project* is his first feature film.

Jen Rustemeyer, Producer Jen is the woman behind the clean bin project blog; she's the one who said "ok" to Grant's crazy idea to live zero waste for a year. Jen spent her fair share of time both in front of and behind the camera during the making of *the clean bin project*, an experience which cured her of her deathly fear of public speaking. When she's not busy researching, recycling, and making things from scratch, she is a GIS Analyst for an environmental consulting company in Vancouver.

Brian Burke Brian is the resident Recycling Guru at Quayside Co-housing in North Vancouver. He voluntarily runs the recycling centre and compost system for the 20 families in the building; last year they actually got rid of their dumpster because they were able to reduce their garbage down to nearly nothing. Brian has been involved with the zero waste movement for decades and is the go to guy for recycling.

Chris Jordan Chris is an artist based in Seattle, Washington who is best known for his large scale works depicting mass consumption and waste, particularly garbage. After 11 years as a corporate lawyer, he shifted his focus to art. In recent years e has been called "the 'it' artist of the green movement". His well known series *Running the Numbers* depicts statistics of mass consumption; perhaps even more shocking are his recent images of dead albatross on Midway Island where thousands of birds or dying filled up with plastic waste. His work, while often unsettling, is a strong message about unconscious behaviors in our everyday lives.

Captain Charles Moore Captain Moore is widely credited with discovering the Great Pacific Garbage Patch, where plastic pollution is floating in an area twice the size of Texas. The son of an industrial chemist and avid sailor, Captain Moore founded Algalita Marine Research Foundation and has devoted his life to scientifically measuring the pollution in our oceans and to warning people about the dangers of plastics. He written numerous papers on the subject, has appeared on TED, and has been interviewed by the likes of David Letterman.

Top Ten Tips to reduce your waste



1 Stop Using Plastic Bags.

I know everyone knows this one – they sell fabric bags in every supermarket these days – but still, every time I'm 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 Compost!

This is the single most effective way to cut your garbage output. According to 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.

3 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 for newspaper, mixed paper, and bottles and cans next to each other 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.

4 Recycle everything you can.

Look on your municipal website or give them a call to find out exactly what they take. Do a bit of research to seek out alternative recyclers – maybe they don't take milk containers in your curbside pick up, but they might at your local grocers. We find 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 Stop Using Takeout Containers.

I'm talking about coffee cups, Styrofoam clamshells, even paper plates. This one is sometimes hard to remember, but when you're leaving the house for work, and you don't have a lunch with you, it's pretty obvious you're going to have to buy something, so grab a plastic container. We keep a couple in the car with our fabric bags too. 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.

You can keep a reminder card in your wallet listing the types of containers your city picks up. If things are contained in packaging that's 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 Use Recycled and Biodegradable Household Products.

Ok, buying recycled TP technically doesn't reduce waste, but it does reduce resource consumption. If you're busy recycling all your paper but don't use any recycled paper products, then where do you think it all goes? Biodegradable dishsoap and laundry soap are virtually the same price. They don't put chemicals into your clothing, household, or environment, and you may even be able to get them bulk at your local natural grocery store.

8 DIY (Do It Yourself). You can make a surprising number of things yourself. From bread to clothing, check out what we've been making this year on our DIY page.

9 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 craigslist, freecycle, or your local thrift shop.

10 Make it Public!

Share what you are doing with friends and family. People will be interested in what you are doing, so let them know about your efforts and why you're trying to reduce waste. It always helps keep you on track if there is someone watching over your shoulder, and maybe they'll even join in and you can have a friendly zero waste competition!