



# ALERT

## DO YOU HAVE A GREEN RELATED RESOLUTION THIS YEAR?

### Things Canadians Can Do To Keep Our Environment Healthy

**WHO:** *Garbage! The Revolution Starts at Home* is a new documentary by Andrew Nisker which candidly portrays the threat to our environment as the McDonald family of Toronto tracks their waste output for three months.

“In *Garbage! The Revolution Starts at Home* the McDonald family, who were tracking all of their waste output for three months, found that December alone created more waste than the other two months combined. “People don’t realize how much of a toll all that excess packaging, gift wrapping and food waste takes on our environment,” Nisker points out.

After reviewing an extensive amount of “Green” related sites and online articles, team Garbage has put together a list of the top 10 most popular ideas/tips that Canadians can keep in mind for their New Years resolutions.

Nisker says: “It is up to each of us to do our part and I hope that through my film, all the other notable organizations, along with the numerous online sites with information championing the environmental cause, we hope Canadians continue to keep the environment top of mind into the new year.”

#### **The top 10 most popular “Green” resolutions:**

1. Stop Littering!
2. Stop the use of plastic bags as grocery bags and instead bring your own bag.
3. Purchase a Hybrid car.

4. Do not throw everything in the garbage and instead put all the recyclable products in their correct bins.
5. Avoid using plastic utensils to prevent more waste.
6. Purchase items with the least packaging to avoid more garbage.
7. Replace regular light bulbs with energy saving Fluorescent light bulbs.
8. Prevent using cars when traveling, instead try walking and biking to close locations or during a nice day.
9. Turn off all lights and all electronics when they are not being used to save energy.
10. Prevent buying bottled drinks and carry your own reusable bottles.

***Garbage! The Revolution Starts at Home*** is for sale on DVD at [www.garbagerevolution.com](http://www.garbagerevolution.com). **Any individual, family, business or corporation can host a screening of the film.** Those interested are asked to purchase a film, download a screening package - complete with action items - and are encouraged to record their reactions and thoughts. This feedback can then be shared with a global online community at [www.garbagerevolution.com](http://www.garbagerevolution.com).

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