

ABSTRACT

CREATIVE PROJECT: The Process and Patterns of Creating a Trash Free Lifestyle

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A majority of the human inhabitants of our world are unaware and out of touch with the realities of our disposable culture. Non biodegradable plastics overflow our landfills and break down into microscopic pieces in our waterways, fields and oceans. The partials are routinely digested by the same animals we consume and contaminating the soil where we grow our additional food. Because our unwanted objects are quickly taken from our surroundings to environments far away, we never see the magnitude of our waste creating habits. The problem is catastrophic, yet oblivious to our mainstream culture. An individual can become overwhelmed trying to comprehend and devise solutions on such a large scale, questioning if it is even possible to live trash free. By examining and documenting the trash my individual family creates, I have become acutely aware of the magnitude of objects I am accountable for leaving on this planet after my body biodegrades. My goal then became to eliminating my family's trash in six months, and observing and maintaining these lifestyle changes for the next six months to see if they prove sustainable. My intent during the first six months was to simplify my needs, and then explore reusable alternatives for the remaining consumable objects. The project became a test in my discipline, focus and ability to devise a system to test and change wasteful habits.