

RESOURCES:

Books:

These books are available at local libraries, bookstores and some zero-waste shops.

- ✓ *Sustainable Fashion and Textiles: Design Journeys*
by Kate Fletcher
- ✓ *Fibershed*
by Courtney White and Rebecca Burgess

Websites:

- ✓ <https://goodonyou.eco>
- ✓ <http://www.birds-of-a-thread.com>
- ✓ <https://www.europarl.europa.eu/news/en/headlines/society/20201208ST093327/the-impact-of-textile-production-and-waste-on-the-environment-infographic>

Different clothing fabrics have different environmental impacts. Each has its own advantages and disadvantages. Natural fabrics such as linen, cotton and wool are plastic-free and therefore do not produce microplastic particles during daily activities and each wash cycle. Improving water quality by reducing the amount of microplastics entering our waterways benefits aquatic animals and humans.



**FREE CONSULTATION,
CONTACT US NOW!**

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More Information

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Environmental Stewards 2022-23

ALTERNATIVE CLOTHING FABRICS

Enjoy the comfort of your clothes
without shedding microplastics



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King County

EFFECTS OF MICROPLASTICS

Plastics harm marine life. The most visible consequences include entanglement and suffocation of marine animals. Plastics are also ingested and cause starvation (since plastics took up all the space in their stomach) and/or scar tissues from repetitive cutting and healing, leading to low immune system for disease fighting and unfortunately death.

Microplastics are formed from larger plastics breaking down. They are usually small fragments of less than 5mm, the size of a sesame seed!

Microplastics are shown to affect the reproductive system by scientists, leading to infertility. The various chemicals in microplastics are also affect our health when entering our bodies.



Tips for clothes shopping:

1. **Buy Used**
2. **Buy less and build a capsule closet**
3. **Repair first!**

ALTERNATIVE FABRIC OPTIONS

LINEN

Linen is strong and naturally moth-proof, made from linen plant fibers, so it is completely biodegradable when untreated (i.e., not dyed). It can absorb moisture without harboring bacteria. And, it is stronger when wet than dry, and the more you wash it, the softer and more pliable it becomes.

RECYCLED COTTON

Cotton is very soft and comfortable. However, cotton is traditionally grown in water-stressed areas, requiring large amounts of water and pesticides. Cotton needs to be hand-picked, leading to the need for child labor and forcing children out of school.

ORGANIC COTTON

Organic cotton is a better choice because it is grown without pesticides and from non-GMO seeds.

Recycled cotton is the best! It requires no more resources to grow and the process of recycling is easy.

RECYCLED WOOL

Wool has breathable and warming properties.

However, the wool industry is often associated with animal welfare issues. It involves the mistreatment of sheep and the production of meat after sheep stop producing quality wool.

The wool industry also emits large amounts of greenhouse gases, leading to climate change.

Recycled wool prevents the use of more resources and is just as warm and comfortable.