

Take the **Plastics Crisis Challenge**

**12 weeks to a lot less plastic in your home
and in your life!**

Plastic clothes are forever

Years ago, all clothing was made of natural fibers repaired, and used for a long time. Unusable clothing decayed over time. Now, clothing is made of synthetic material like acrylic, fleece or polyester, with a very long decay time.

In the Twin Cities, trashed fabric is burned.

Elsewhere, discarded clothes are piled in landfills or sent overseas where they mostly end up polluting land and water.

Chemically derived or plastic-based textiles have a decay time of hundreds of years. The recycling rate for textiles is 15%. How can we do better?



Opt for a less plastic wardrobe

- Check your clothing labels. Which ones are made of nylon or polyester?
- Learn about nylon, polyester and acrylic fabrics (see back for links).
- Buy secondhand, thrift store or vintage clothing.
- Look for companies making upcycled clothing (see links).

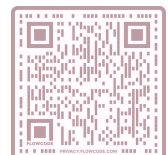


Wash plastic-based clothes carefully

- Wash as a full load in cool water to reduce microplastic shedding.
- Wash synthetics in a bag that collects microplastics.

Think twice about "worn-out" clothes

- Can you mend, alter or upcycle them?
- Can you make them into doll clothes, cleaning rags or rugs?
- Consider recycling your old clothes (see back page for links).



Online and In-Store Resources

Buy clothes made from recycled materials

fairtradefinder.com/blog/clothes-made-from-recycled-materials

Learn about recycling clothing

greenmatters.com/p/what-fabrics-are-biodegradable

quantis.com/measuringfashion_globalimpactstudy

Recycle old clothing and shoes

ramseycounty.us/content/clothing-other-textiles-reusable

fordays.com/pages/how-we-recycle

brightly.eco/blog/how-to-recycle-shoes

Reuse camping gear

Geartrade

Out & Back Outdoor

WornWear (Patagonia)

Re/Supply (REI)

(Re)Adventure (Eddie Bauer)

Sellers can drop off gear at Dick's Sporting Goods

Wash in a bag that collects micro-fibers

guppyfriend.us/products/guppyfriend-washing-bag

Make a rag rug

homesteading.com/make-a-rag-rug-homesteading-tutorial/