

## Footprints...

The Integral Ecology Committee is tasked to focus on threats to Our Common Home and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation

### **In this issue:**

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

## **Our Clothing Footprint**

*The clothing industry has a significant environmental footprint that may not be evident to everyone.*

### **What Can I Do?**

- Follow care instructions: washing clothes on a cold setting reduces energy consumption and can prevent microplastic release from synthetic fabrics.
- Properly dispose of unwanted clothes. Don't throw textiles in the trash. Donate them to a charity, sell them, or find a clothing recycling program.
- Educate yourself about the environmental impact of fashion to encourage others about more sustainable.

### **I didn't know that!**

- According to the UN Framework Convention on Climate Change, emissions from textile manufacturing alone are projected to skyrocket by 60% by 2030.
- You can actually rent clothing for special occasions instead of buying new items you'll only wear once.

### **Resources**

#### **YouTube:**

- The Hidden Cost of Staying Trendy | Earth Focus | PBS SoCal <https://youtu.be/60MqS6nPCZo?si=M9LveXFxlSln45Sj>
- The environmental cost of fast fashion <https://youtu.be/H2bxO-PgcT0?si=IdcphR1sAlwDwwSq>

#### **Websites:**

- [UN Framework Convention on Climate Change](#)
- [WVE: Women's Voices for the Earth](#)

#### **Books:**

- Sustainable Fashion and Textiles by Kate Fletcher
- Loved Clothes Last: How the Joy of Re-wearing and Repairing Your Clothes Can Be a Revolutionary Act by Orsola de Castro