

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?

- Wash clothes in cold water, not hot water, for the most energy-intensive part of clothes washing is heating the water. This will also minimize the wear and tear on clothes.
- Consider shopping second hand. Consignment stores are popular, and online sites are becoming easier to use.

I didn't know that!

- Research indicates that only 20% of the clothes we own are worn on a regular basis, therefore the demand for new clothes should not be as high as it is.
- The fashion industry is responsible for a significant portion of global greenhouse gas emissions. This is due to energy-intensive production processes, particularly for synthetic fibers like polyester.

Resources

YouTube:

- The Planet Voice
<https://www.youtube.com/watch?v=6AEr0tpTAMs&t=2s>
- The Simple Solution to Fast Fashion | Josephine Philips | TED
<https://www.youtube.com/watch?v=Bh8dnw67rE0>

Websites:

- The Carbon Literacy Project <https://carbonliteracy.com/fast-fashions-carbon-footprint/>
- Climate Seed <https://climateseed.com/blog/the-environmental-impact-of-fashion>

Books:

- Sustainable Fashion: Responsible Consumption, Design, Fabrics, and Materials by [Wearme Fashion](#) (Editor)
- What Is Sustainable Fashion: An Antidote to Fashion Pollution by [Vino Supraja](#)

More from our Integral Ecology Committee very soon!