

CARING FOR CREATION THRU SUSTAINABLE CLOTHING

Most of us have a tendency to buy what is being termed as “fast fashion” which refers to today’s trendy clothing that is intentionally designed to be consumed quickly and sold at low prices. We may wear them a few times and then throw them out for more trendier, inexpensive pieces.

The “fast fashion” cycle may deplete the Earth’s natural resources and may result in an overwhelming amount of waste, being far from sustainable.

When shopping, look for Organic certifications on labels and fabrics made from recycled fibers or repurposed fabric.

When able, buy second-hand clothing, prioritizing durable and high-quality clothing that you can envision yourself wearing for a long time. Check labels while shopping for this type of clothing. Natural products such as hemp, linen, cotton, and silk all originate from plant sources and are biodegradable and can compost cleanly back into the soil unlike synthetic fibers that sit in the landfills leaching chemicals and fumes.

Take good care of your clothing. Use cold water for washing and hang to dry. Mend holes and spot clean, make simple alterations – all this helps to keep clothing out of landfills longer.

There are many brands of sustainable clothing available online. Two brands being sold locally are ECO BEACH (Kohl’s) and Repreve – jeans shorts made of recycled denim and twill (TJ Maxx).

Watch Sheep-Buzz for more facts and tips on how to care for creation through sustainable clothing.