



Climate Conversations

Climate-Friendly Clothing Choices Stay Stylish

St Mark's Creation Care Ministry

August 2023



Agenda

- Land Acknowledgement
- Opening Prayer
- Frameworks for Clothing
- Buying Clothes
- Discussion
- Maintaining Clothes
- Disposing of Clothes
- Sharing and Q&A
- Closing Prayer



Opening Prayer

God of hope,

Bless all people and embrace us with your abundant grace for working together in the journey to heal the earth.

We pray for your wisdom, sympathy and creativity to take meaningful actions with a shared vision for the common good of all creation.

Amen



Purchases of Clothing have Soared

- US clothing sales total \$343 billion/year
 - 2% of US GDP
 - \$1,434/household/year
 - 29% of online shopping
- Americans buy 5x more clothes/year than in 1980 – 68 items/year in 2018
 - 20% of items produced are unsold
- Fast Fashion is still trendy
 - 40% of Gen Z shop regularly & 16% of US adults shop monthly
- Resale growth is 24%/year, 3x avg



The Climate Impact of Clothing

- Fashion causes 10% of carbon emissions
- 60% of clothing is made of synthetic fibers
- 57% of discarded clothes go to landfill
 - Globally, 1 garbage truck per second
- The US generates 17 million tons of clothing waste/year, 112 pounds/person
 - 66% of all unwanted clothes are landfilled 15% are recycled and 19% are burned
- 500,000 tons of microfibers go into the ocean globally each year from washing clothes



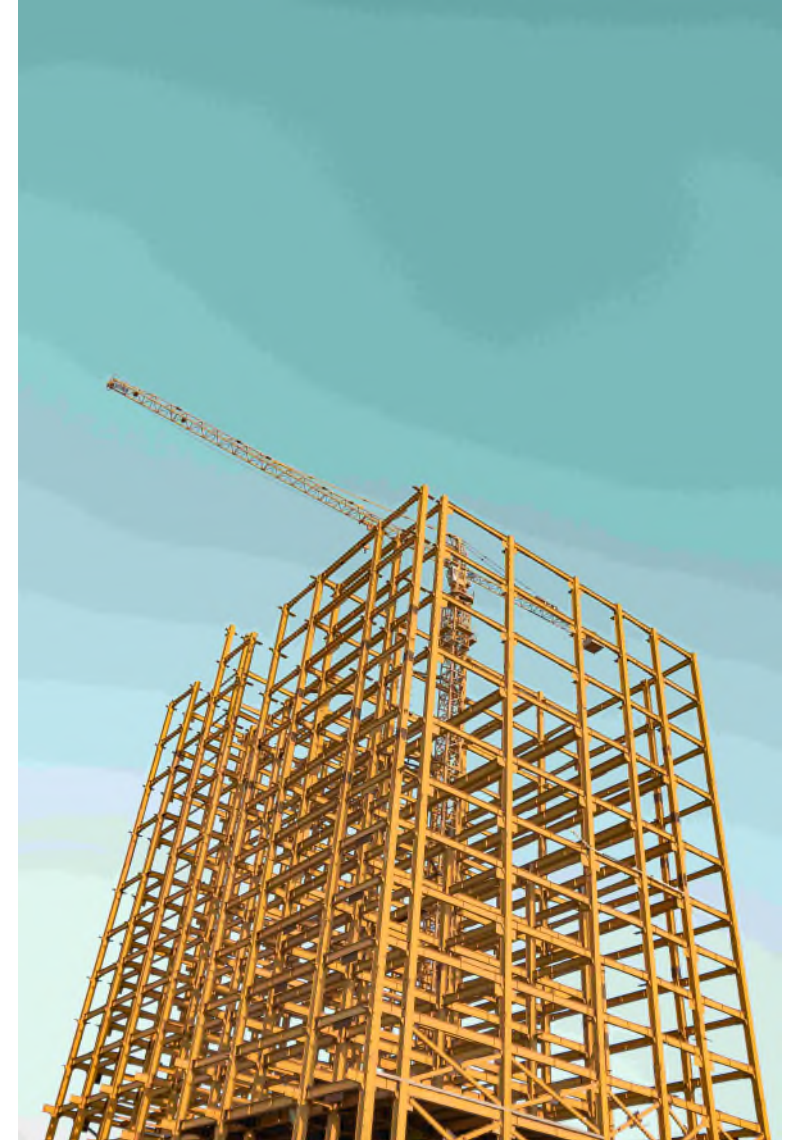
The Bible and Clothing

- Matthew 6: Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
- Matthew 6:28 Why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,
- 1 Peter 3: Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self.



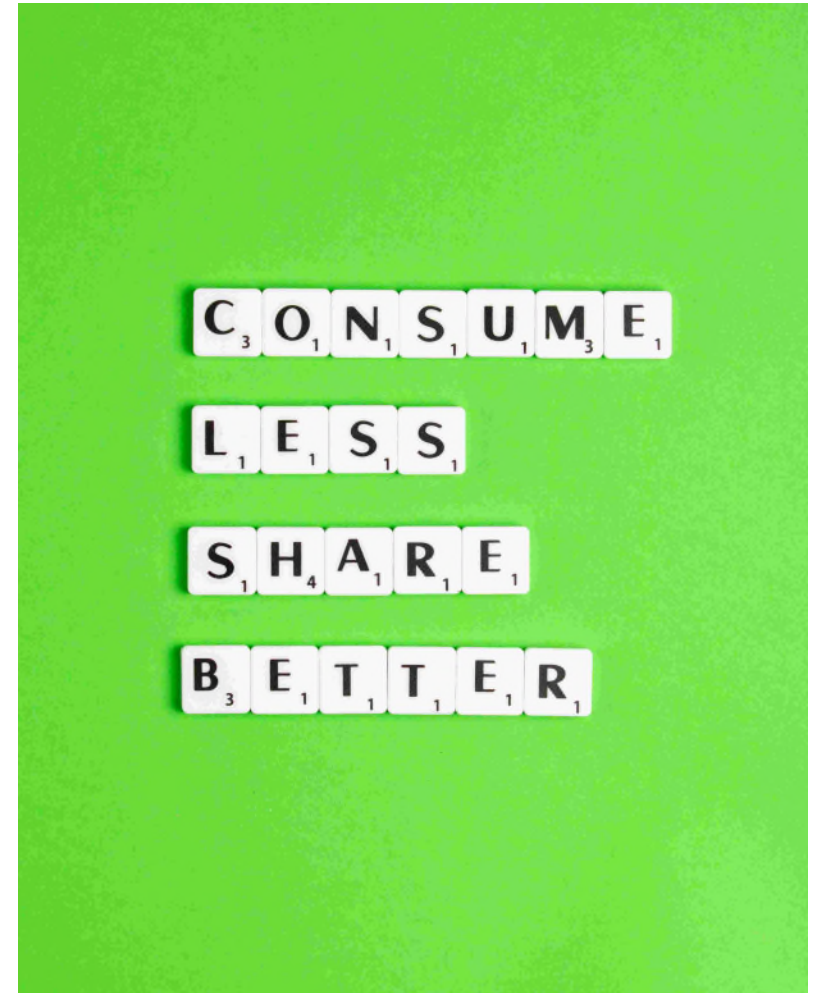
A Framework for Fashion

- Embrace a Sufficiency Lifestyle
- 5-part framework
 - Purchase less
 - Increase use time
 - 9-month increase reduces emissions 25%
 - Repair, swap & buy better quality
 - Reduce washing and drying
 - Buy second-hand and pre-loved
 - Dispose responsibly
- Reduce one use items
- Buy eco-friendly items
 - 42% of consumers buy sustainably



Sustainability Trends in Fashion

- Sustainable production practices
 - Less water and energy to produce clothing
 - Low-impact dyes, recycled water, low emissions
- Circular fashion
 - Design clothes to be reused, recycled repurposed
 - More durable clothing can be worn longer
- Upcycling
 - Repurpose existing materials to create new clothes
 - Upcycling to reduce the impact up to 30%
- Transparency and ethical manufacturing
 - Check on supply chains & ethical practices



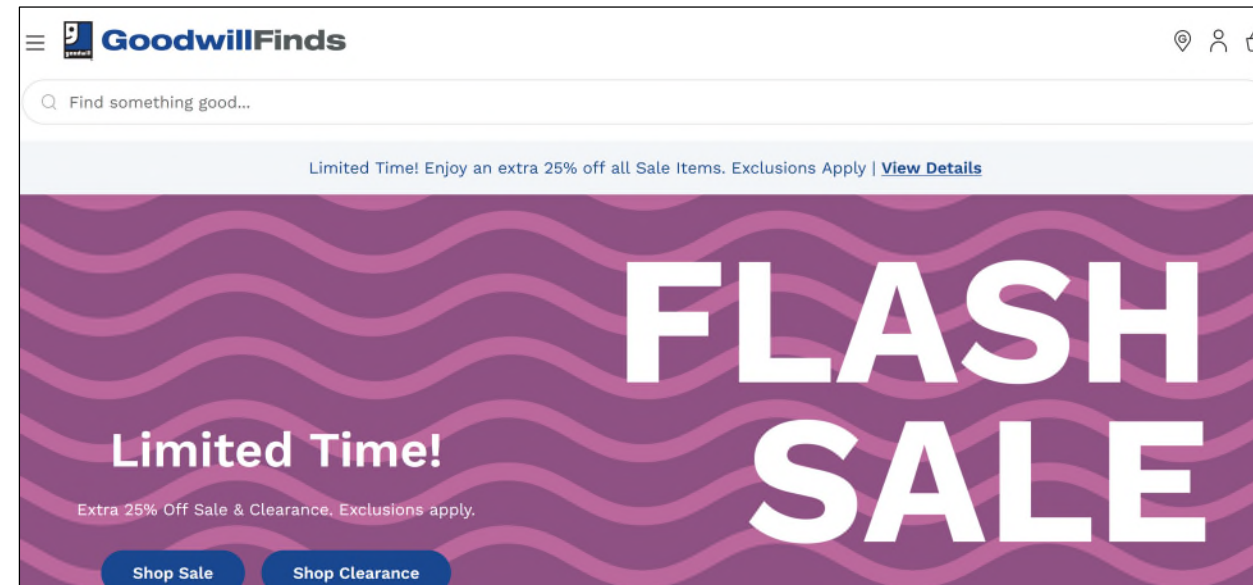
Purchasing Clothes

- Reduce purchases
 - 25% of clothes are inactive
 - Use what is in the closet
- Quality over quantity
 - Clothes that can be paired with other items & styled in different ways will last for years
 - “30 Wears Test”
- Buy from transparent brands
 - Sustainability report, materials
 - Collina Strada & Bode use upcycled textiles
- Sustainable materials
 - Organic options, recycled materials, and natural fabrics



Buy Eco-Friendlier Options

- Buy second-hand pre-loved clothes
 - Goodwill
 - [Vestiaire Collective](#), [Depop](#), [The RealReal](#) and [1stDibs](#) offer classic pieces
- Organic cotton uses 90% less water than conventional cotton
- To find clothes with a lower impact, look for certifications: [Global Organic Textile Standard](#) (for cotton and wool), [Leather Working Group](#) (for leather) and [Forest Stewardship Council](#) (for viscose)
 - A list is [here](#)



Buy Sustainably

- Know the material you are buying
- Natural fabrics include cotton, linen, bamboo, flax, jute, silk, wool, and alpaca
 - Low impact materials such as Modal (beech tree pulp) and Lyocell (wood)
 - Avoid synthetics such as polyester, nylon, spandex & acrylic made from fossil fuels
- Look for brands that disclose information about their factories and work policies
- Trans-seasonal clothing



Customized Clothing

- Custom clothing and off-the-rack: items that you have multiple options for fabric, colors, and styles.
 - Express yourself through your clothing while staying within budget
 - You get to minimize your carbon footprint with sustainable materials.
- Customized clothing isn't always expensive
 - Use digital printing on t-shirts to create new designs
 - Show flexibility in the type of fabric you wear - cotton, linen, or other materials that will keep you cool in summer



ECO-FRIENDLY CUSTOM T-SHIRTS

Looking good doesn't have to come at the cost of *doing* good

Take a step toward a more sustainable custom apparel industry (and planet!) by choosing from Real Thread's selection of sustainable custom t-shirts made from organic, recycled, and eco-friendly materials.

[BROWSE ECO-FRIENDLY PRODUCTS](#)

MOSS

[Sale](#) [New in](#) [Suits](#) [Formal](#) [Casual](#) [Shirts](#) [Shoes](#)

Men's Sustainable Suits

Suits are classic clothing that never go out of style but if you want to reduce your wardrobe's carbon footprint even further, it's time to choose sustainable clothing. Our range of sustainable suits have at least 85% of their materials coming from sustainable sources, so you can stay stylish while keeping it eco-friendly. Looking good doesn't need to feel bad or cost the earth.

Discussion & Breakout Session

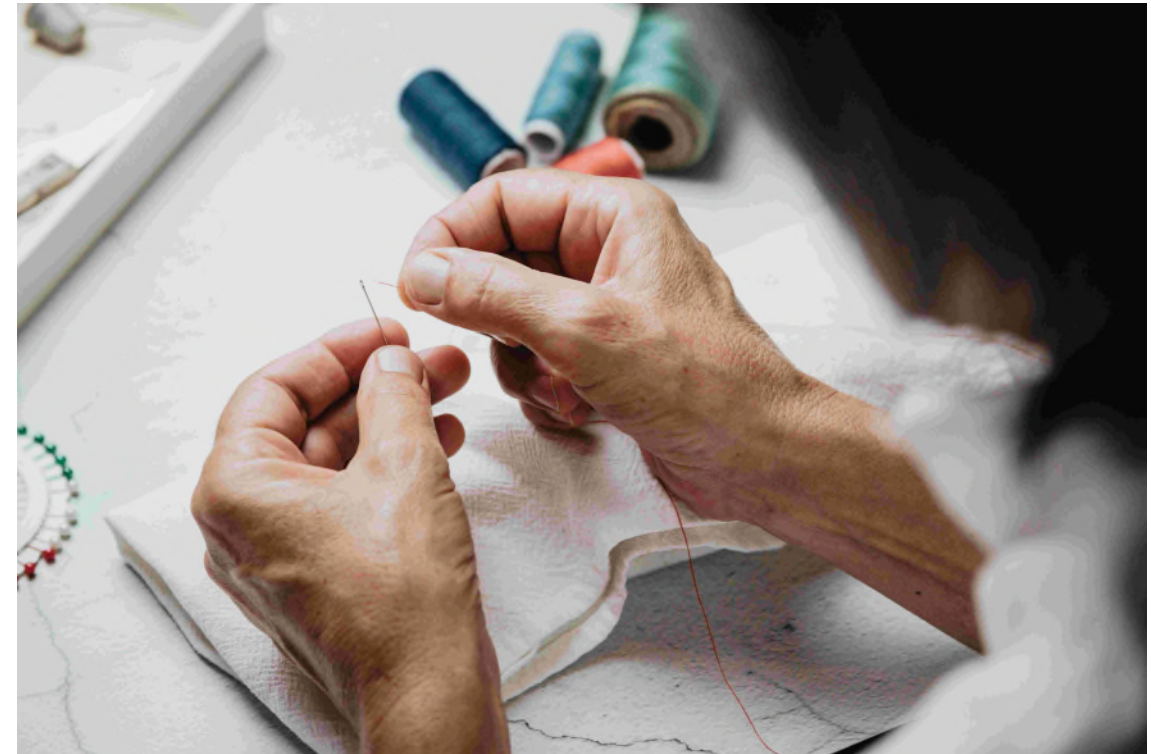
Questions:

- What actions have you taken to buy more sustainably?
- What groups are you in or have you seen that share ideas about buying clothig



Maintain Clothes Sustainably

- 60% of the energy used in the lifecycle of a cotton T-shirt is for post-purchase washing and drying at high temperatures (NIH)
- Traditional practices may not be eco-friendly
 - Laundering frequency
 - Sewing
 - Drying



Wash Clothes Differently

- Wash less often
- Wash full loads in cold water with shorter cycles
- Use detergents with plastic-free, recyclable or dissolvable packaging such as [Bestowed Essential's](#) laundry powder with a compostable bag, [Dropp's](#) pods and [Ethique's solid Laundry Bar](#)
- Use a filter to stop microfibers, such as a [Planet Care filter](#).
- Air dry clothes



Repair Clothes

- Fix minor damages to clothes
 - Small holes, missing buttons and rips are fairly easy to mend
 - Do it yourself
 - Or find a tailor or seamstress to get the job done
- Learn skills online

Shop Activism Sports Stories

patagonia 50▶

Care & Repair

Let's get old together. Because keeping good gear going, and out of landfills, is awesome! And every good relationship takes some effort.

Videos & Guides Product Care Worn Stories Start a Repair

Repurpose Clothes

- Turn old pants into cloth bags
- Make a blanket out of running t-shirts
Companies can do this for you
- Create a macrame shopping bag from an old t-shirt
- Braid a rug from old clothing
- Cut the item into strips and stuff a pillow that needs more fluff
- Ideas are online [here](#)



Disposal

- Damaged clothes and linens aren't garbage
 - 95% of clothes, shoes and linens thrown away could be reused or recycled
 - Local organizations want all your clothes, shoes and linens for reuse or recycling – even damaged items – in any condition except wet, mildewed or contaminated
 - Donate clothes
- Swap with friends
 - Exchange outfits to update your closet without spending
 - Social media groups to exchange outfits

HOW LONG IT TAKES FOR FABRICS TO DECOMPOSE



COTTON

1 WEEK - 1/2 YEAR

WOOL

1-5 YEARS



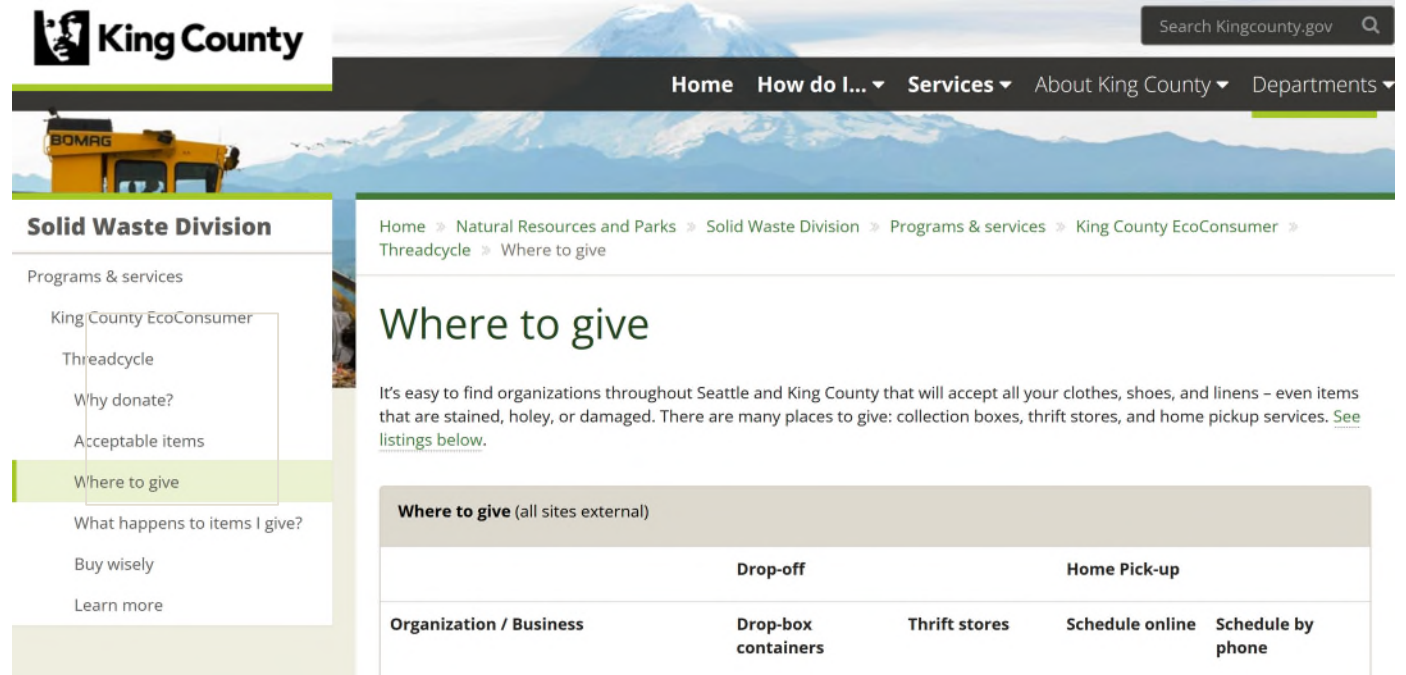
POLYESTER

20-200 YEARS

IMPERFECTIDEALIST.COM

Donations

- Donate clothes in good condition
 - Charities
 - People in need
- Post on social media
 - For example, Facebook
- Sell online
 - For example, Poshmark



The screenshot shows the King County website's Solid Waste Division page. The left sidebar lists various programs and services, with 'Where to give' highlighted. The main content area is titled 'Where to give' and provides information on where to donate clothes, shoes, and linens. It includes a table with columns for 'Drop-off' and 'Home Pick-up', and rows for 'Drop-box containers', 'Thrift stores', 'Schedule online', and 'Schedule by phone'.

King County

Search Kingcounty.gov

Home How do I... Services About King County Departments

Solid Waste Division

Programs & services

- King County EcoConsumer
- Threadcycle
- Why donate?
- Acceptable items
- Where to give**
- What happens to items I give?
- Buy wisely
- Learn more

Home » Natural Resources and Parks » Solid Waste Division » Programs & services » King County EcoConsumer » Threadcycle » Where to give

Where to give

It's easy to find organizations throughout Seattle and King County that will accept all your clothes, shoes, and linens – even items that are stained, holey, or damaged. There are many places to give: collection boxes, thrift stores, and home pickup services. [See listings below.](#)

Where to give (all sites external)

	Drop-off	Home Pick-up		
Organization / Business	Drop-box containers	Thrift stores	Schedule online	Schedule by phone

King County list [here](#)

Consider the Episcopal Diocese

- Diocese donations

The Episcopal Diocese of Olympia



The Episcopal Diocese of Olympia

The Episcopal Church in Western Washington

Who We Are ▾ How We Gather ▾ Info for Clergy ▾ Info for Congregations ▾ Safe Church ▾ News & Events ▾

Refugee Resettlement Office

The Diocese of Olympia's Refugee Resettlement Office helps refugees and asylees achieve economic self-sufficiency. Our mission is accomplished through resettlement, job placement activities, and business development programs that promote self-employment.



Sign Up for Our Newsletter

Click to Give

Refugee Resettlement Office

DONATE CLOTHING

Families often arrive with little clothing and need weather appropriate items. New rain coats, winter coats and boots are appreciated!

[Donate](#)

REFUGEE RESETTLEMENT OFFICE

515 B St. NE
Auburn, WA 98002

Recycle

- About 10-20% of Threadcycle items are resold. The remaining 80-90% is exported to other countries as second-hand clothing, made into products like wiping rags, or recycled into fibers for materials like insulation and stuffing
 - Drop off locations for Threadcycle include: Big Brothers Big Sisters Puget Sound, Goodwill, The Salvation Army, TexGreen, USAgain and Value Village
- Ridwell recycles clothes
- Buy Nothing

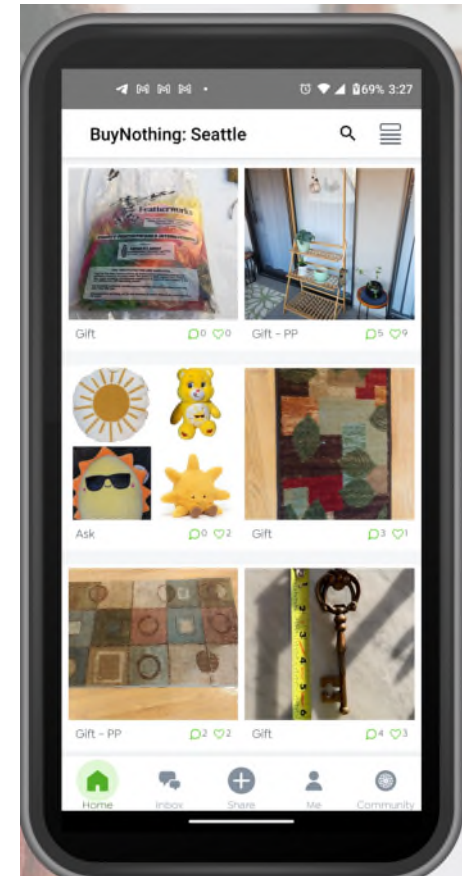


THREADS

clothes
shoes
textiles
towels
linens
fabric scraps
and more



Ridwell



Sharing, Discussion and Q&A

Questions

- What can you do differently to make your clothes last longer?
- How can you learn new practices to maintain you clothes better?
- What are the best ways you've found to doate clothes?



Make a Difference

“I alone can’t
change the world,
but I can cast a
stone across the
waters to create
many ripples.”
-Mother Theresa

Closing Prayer

Prayer

May God who established the dance of
creation,
Who marvelled at the lilies of the field.
Who transforms chaos to order,
Lead us to transform our lives and the
Church
To reflect God's glory in creation
Amen

