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When I checked the tag inside my favorite t-shirt, it provided some information that I never realized existed there. It has the brand name which is Celine. It was made in Thailand. It is 89% made out of laine/wool, 8% cashmere, 2% elastane spandex, and 1% polyamide nylon. These materials are far less eco-friendly than organic cotton. Sheep emit a huge amount of methane through a process called 'enteric fermentation' - essentially sheep passing gas and belching. The other materials used in this t-shirt also highly contribute to climate change, land pollution, and water pollution.

For the entire day today, I wore my school uniform to school inside out. I was surprised that not many people noticed that I wore the shirt inside out. For those who noticed that I wore the shirt inside out, they asked me "Do you just wake up or something? Why are you wearing the shirt inside out?". I thought that I was out of my mind, but I told them "Nope, Nope, Nope! I am joining Project Green Challenge, and this is one of the challenges". They laughed and asked me how wearing a shirt inside out has environmental impacts. Honestly, I was not sure why as well, but I told them that it is a way to grab people's attention to reflect about the supply chains of their fashion industry. It also helps people be aware about the raw materials of their clothes and the impact it could have on our environment.

This challenge has made me more reflective about my fashion. It is another new knowledge that I gained because I did not know that fashion could lead to negative environmental impact. Before, I thought that all types of clothes are produced using fabric, and I never thought there were a variety of clothes and raw materials that we could choose to make our clothes. From now on, I will be more considerate before deciding to buy a certain type of clothes to wear.

### Instagram Post:



**Reference:**

Chere Di Boscio Founder & Editor in Chief at Eluxe Magazine Chere has always loved writing. "Which Is Better: Organic Cotton or Wool?" *Eluxe Magazine*, 27 May 2020, <https://eluxemagazine.com/fashion/which-is-better-organic-cotton-or-wool/>.