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Wearing my shirt inside out during my participation in Project Green Challenge turned out to be quite a memorable and thought-provoking experience. It was a simple action that led to some profound conversations about sustainable fashion and its impact on our world.

As people noticed my inside-out shirt, their reactions were a mix of amusement and curiosity. Some folks thought it was a fashion statement I was trying to make, while others believed it was a wardrobe malfunction. These reactions gave me the perfect opening to explain the purpose behind my choice and dive into the theme of the day.

I talked to them about how conventional cotton farming isn't as harmless as it seems. It involves using a bunch of chemicals and gobbling up water, which isn't just bad for the environment but also affects the health of the people working on those cotton farms. It was heartwarming to see the surprise and concern in their eyes as they realized how something as everyday as a cotton shirt could be part of a much larger environmental story.

But the real "aha" moment for many was when I shared the joys of thrifting. I explained how thrifting is like going on a treasure hunt for pre-loved fashion gems. It's a way to say no to fast fashion, which churns out clothes at an astonishing pace and fills landfills with waste. Thrifting, I emphasized, is a sustainable, planet-friendly alternative that reduces waste and makes a positive impact.

I could see the gears turning in people's heads. They started thinking differently about their fashion choices, and it was truly inspiring. Wearing my shirt inside out transformed from a quirky experiment into a powerful conversation starter, encouraging people to be more mindful of their fashion decisions and their impact on the planet.

In the end, this experience was a testament to the fact that even small, deliberate choices can create ripples of change in our world. It was a reminder of the collective power we have to make more sustainable, eco-friendly choices in our daily lives.



taking a closer  
look at the  
clothes i wear

# NORTHERN REFLECTION VEST



100% cotton made  
in america

this vest was  
thrifed

# WEARING IT INSIDE OUT



# IMPACT

**Pesticides and Chemicals:** Conventional cotton farming involves the use of pesticides, herbicides, and chemical fertilizers. These chemicals can be harmful to both farmworkers and nearby communities. Pesticide exposure can lead to health issues, including skin irritation, respiratory problems, and more severe long-term health conditions. Runoff from these chemicals can also pollute water sources, impacting aquatic ecosystems.

**Water Usage:** Cotton is a highly water-intensive crop, and the overuse of water in cotton farming can lead to water scarcity issues in regions where it is grown. This not only affects the availability of water for local communities but can also result in ecosystems being disrupted due to reduced water flow in rivers and aquifers.