

REPURPOSE YOUR WARDROBE

In the US, 85% of all textiles
end up in landfills

REUSE
YOUR CLOTHING



22 million tons
of microfiber
could be added
to the sea by
2050

we consume 400% more than
we did in the 1990's

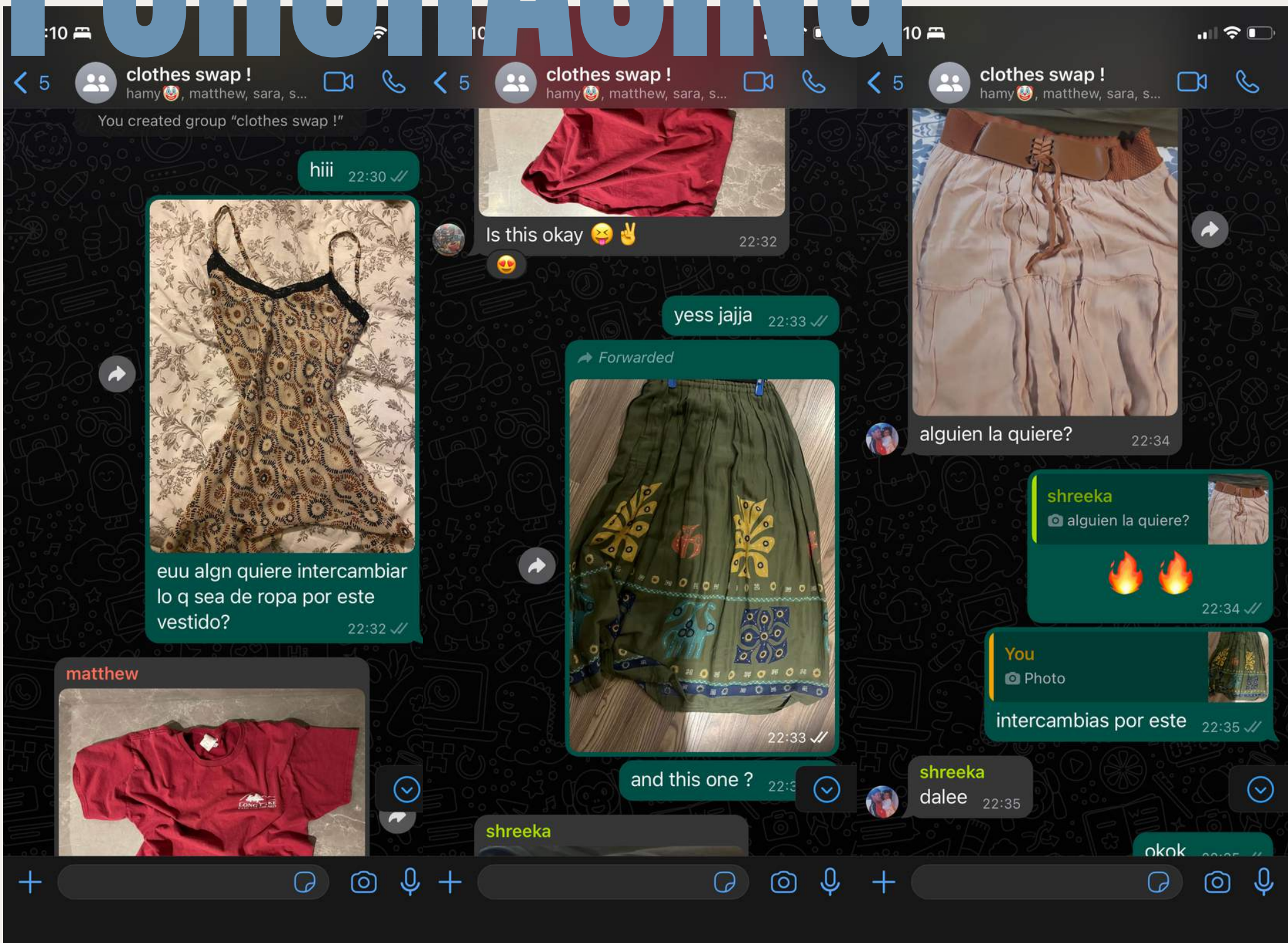
REINVENT YOUR CLOTHES

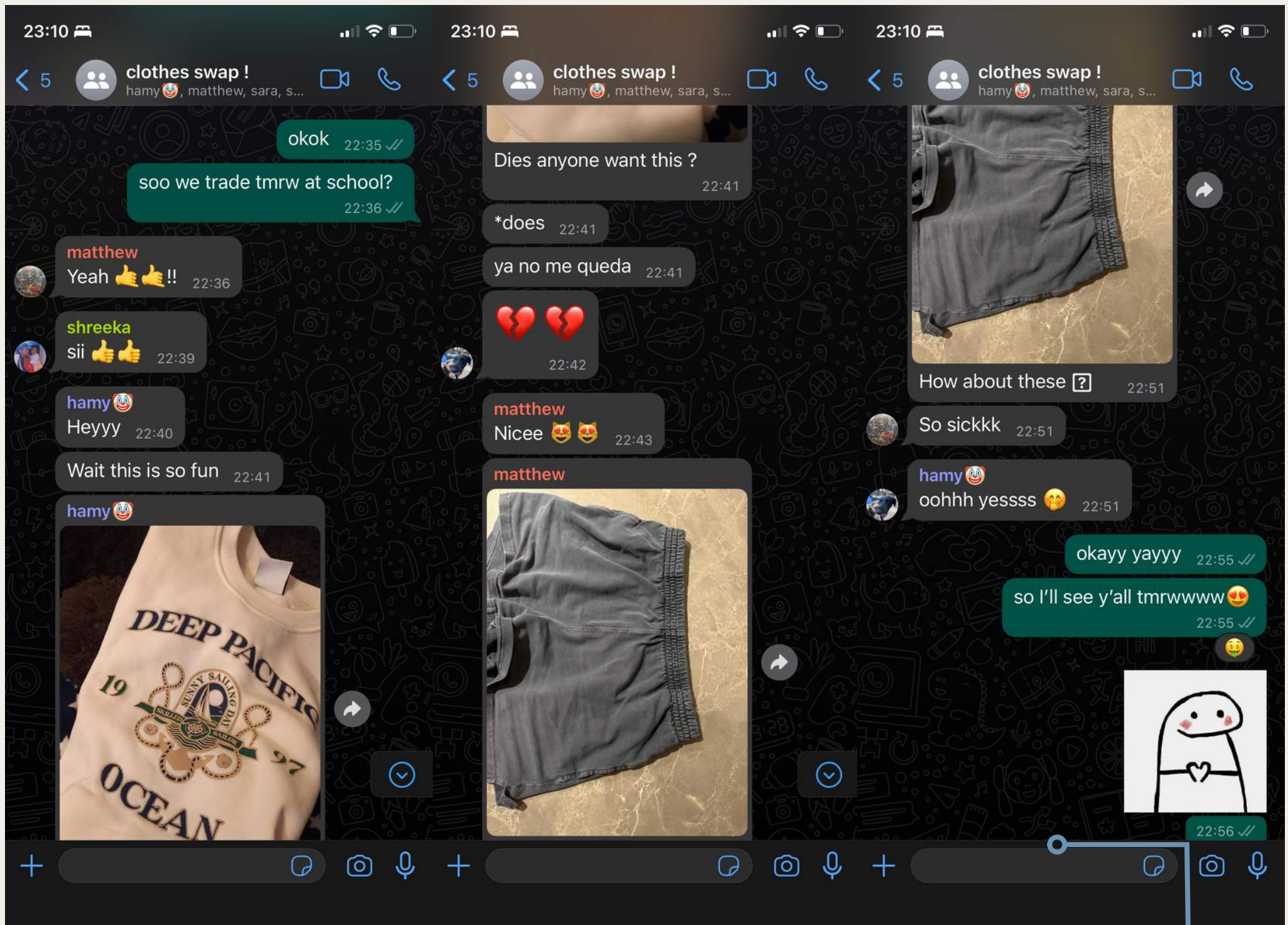


this is an old t-shirt i didn't really use anymore that i reinvented by turning into an off the shoulder top!

i was inspired by <https://www.wellandgood.com/upcycle-clothes/>

REDUCE YOUR PURCHASING





My friends and I recently organized a spontaneous clothes swap. We all had items tucked away that were no longer being used. Instead of letting them gather dust or, worse, contributing to waste by throwing them away, we decided to share. The experience reinforced the idea that swapping or even giving away clothes is infinitely better than consigning them to the landfill. Most importantly, it promotes mindful consumption and ensures that nothing goes to waste.

**+ I ALWAYS PASS MY CLOTHES
DOWN TO MY YOUNGER FAMILY
MEMBERS. REMOVE THE
STIGMA OF 'HAND-ME-DOWNS'
BEING ABOUT FINANCIAL
STATUS. IT'S A POWERFUL
CHOICE TO REDUCE WASTE,
FOSTER SUSTAINABILITY, AND
CELEBRATE THE TIMELESS
VALUE OF CLOTHING.**

WHICH LEVEL OF THE BUYERARCHY OF NEEDS SEEMS THE EASIEST FOR YOU? WHICH IS THE MOST DIFFICULT?

Personally, the level of buyerarchy that seems easiest is thrifting! In CDMX, there are lots of markets and thrift stores where clothes are not only better for the environment, as we're recycling clothes that might've ended up in landfills, but it's also more economical! The most difficult, blatantly, is making clothes. However, I'd say that simply wearing what you already have can be very difficult, especially when we're wired to such a consumerist mindset. We're pressured to follow the constantly changing trends. Moreover, we often (purposefully) confuse want with need, and end up buying clothes because we think we "need" them, when in reality, we can simply use the clothes that we already own, it's just not as satisfactory.

HOW WILL YOU IMPLEMENT THESE IDEAS IN YOUR LIFE GOING FORWARD?

Despite the challenges posed by social media and the struggles of adolescence, there can be no excuses when it comes to our responsibility to consume sustainably in order to save our planet. Acknowledging these pressures, I am committed to integrating sustainable practices into my life. I plan to actively resist the influence of social media by focusing on real-life actions that promote environmental conservation and really try to reduce my spending on clothing items that, honestly, I don't need. And, when I do need an item of clothing, I will always try to get it second-hand (whether from a friend or a thrift store) rather than in fast fashion stores. By prioritizing the health of our planet over societal pressures, I aim to inspire change and contribute to a more sustainable future.

instagram link

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CAPTION:

Day 18: FAST FASHION (greenest challenge)

Through today's PGC, we learned about the harmful effects of the fast-fashion industry and how unsustainable today's rampant consumerism is. However, there is individual action, beyond collective, that we can take to mitigate these effects.

In this post we

1. reinvented an old t-shirt to give it a new purpose!
2. started a mini clothes-swap within our friend group so as to not throw away any clothing we didn't use
3. stressed the importance of repurposing clothes and how, especially right now, it is vital to resist consumerism and choose sustainable consumption

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