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With the spooky season approaching, I think it's important that we don't buy too much on Halloween, especially if we will only be wearing these items once a year, and won't find much use for them otherwise. When creating my Halloween costume for this year, I tried to use what I already had to upcycle it into a new item that matches my costume. I created a gorgeous headband that matches my wants out of two headbands that I already had. In addition, after Halloween is over, I could simply take apart my fabulous creation and resew the white headband back together to be left with my two original headbands and a ribbon I could further reuse later.

In this case I used what I had to make something new. In general though, I think borrowing clothes is usually quite easy and sustainable. None of my friends had the particular piece I was looking for, so I had to get creative and make my own! Making your own clothes is definitely the most difficult level of the Buyerarchy of Needs, since it requires some intense effort.

Out of an effort to be more sustainable, and save money, I realized that I already mostly practice the Buyerarchy of needs. Nearly 75% of my closet has been thrifted. I learned how to crochet to be able to make my own clothes and more. My mother knows how to sew pretty well, and I know how to sew a little, so if I want to alter a piece I already have to fit my taste, I do so. In addition, for one time costumes or outfits, I borrow items from my friends or family. My sister will be giving me a pink cowboy hat for Halloween and my friend will be lending me her black lace maxi skirt! I also donate any clothes that do not fit me or that I don't wear to family, friends, or donation centers.

<https://www.instagram.com/p/CyIHVKIrV4g/?igshid=MzRIODBiNWFIZA==>

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thegreenestgirlies When purchasing new clothes, try to follow the buyerarchy of needs. Buy as little as you can and use what you have! Buying new items just to wear them once is not only expensive, but terrible for the environment as you're consuming more materials. Did you know 35% of the microplastics in the ocean are a result of textile production? Try to use what you already have, borrow from somebody, swap, or upcycle like I did! This headband now perfectly matches a halloween costume I had in mind 🍁 and cost me no extra money! #pgc2023 @turninggreenorg @fashiontakesaction @fibershed_ @attiremedia
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