

## CREATION-FRIENDLY CLOTHING TIPS

Do you know what clothing materials are most eco-friendly? Organic cotton is rated tops! Organic cotton cuts out the harmful synthetic chemicals used to grow conventional cotton, making for safer working conditions for farmers and a healthier planet.

Other sustainable fabrics are made from plant-based materials like hemp (low impact crop that requires much less water than conventional cotton), Tencel Lyocell (made from recycled wood pulp fiber & is very soft) .

Some innovative eco-friendly materials are Lenzing Modal (soft material made from fast-growing beech trees), Pinatex (made from pineapple leaf waste), mushroom-based leather, plant-based faux fur, and recycled wool.

Innovative indigo foam-dyeing cuts nearly all wastewater out of the jeans-making process while reducing the carbon impact of coloration and water usage. Natural buttons can be made from tagua palm nuts gathered from the forest floor – great alternative to plastic.

Here are some tips:

- Care label symbols show the maximum treatment. Try washing at lower temperatures than indicated on the label.
- Using too much detergent may not necessarily result in cleaner laundry, but has an unnecessary impact on the environment. Try an eco-friendly detergent such as Earth Breeze; its liquidless detergent sheets are biodegradable.
- Reduce the number of times you wash your garments. Remove stains manually, and air clothes to freshen up after each use. Wash full loads of laundry, in cold water when possible. To save energy dry them the old-fashioned way – outdoors on a clothesline!
- By optimizing garment care and use, you can actively help to reduce your carbon footprint.

Look for companies that focus on sustainability even in their supply chain. Here are some examples:

- [Outerknown.com](http://Outerknown.com) – the first brand founded on a total commitment to sustainability. Their hallmarks are purposeful design, responsible sourcing, Fair Labor practices. Their S.E.A. jeans are guaranteed for life
- [Patagonia.com](http://Patagonia.com) outdoor clothing - makes functional, durable and repairable clothing. Its website includes “worn wear.” Make a bit of cash by trading your gear in to live again.
- [HappyEarthApparel.com](http://HappyEarthApparel.com) uses organic cotton and recycled fibers and no-plastic packaging
- [Organicbasics.com](http://Organicbasics.com)
- Mate [Matethelabel.com](http://Matethelabel.com) – organic essentials; uses only organic and non-toxic material.
- Pact Apparel ([wearpact.com](http://wearpact.com)) – garments only use organic cotton

Earth-friendly certifications to look for:

- GOTS – Global Organic Textile Standard – at least 70% certified organic fibers
- Fair Trade Certified – clothes have been produced meeting strict economic, environmental & social standards, including working conditions, funding for community development, etc.
- Standard 100 by OEKO-TEX – certified harmless for human health
- Bluesign – made by using resources responsibly, with sustainable chemistry, creating minimal impact on people & environment.

*HAPPY HUNTING!*