



How to Reduce Your Carbon Footprint from Clothes

A set of educational resources
for parents





Introduction

Dear Parents,

You take care of your children, and you also teach them important skills for life. You are role models for them, and you shape their personality. Your role in their lives is irreplaceable and crucial.

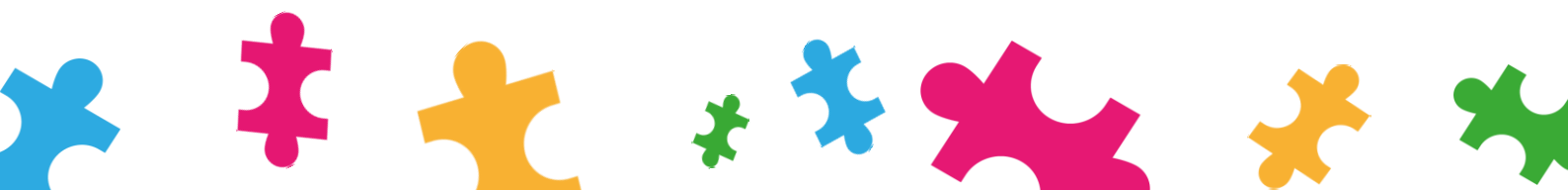
The ecology and future of our planet Earth is a more important topic for young people than it has been in your lives, during your childhood and adolescence. As parents, you should keep up with your children. Planet Earth is the only planet we have for life and is common to all people. We bring you educational tools for parents that include short educational videos, household exercises, and tips for parents in the field of ecology.

The topic of this set of educational resources is How to Reduce Your Carbon Footprint from Clothes. You can learn about this topic. You have a chance to find out what ecological and educational activities you can do with your children and how your family can further reduce the negative impact on our planet Earth.

Educational Video

You can find a video on How to Reduce the Carbon Footprint from Clothes at the following link:

<https://youtu.be/xrceJR46d3c>



Household Exercise

Topic Addressed (1 of the 12): 7. How to Reduce Your Carbon Footprint from Clothes			
Exercise Title	Clean the overcrowded closet and learn from it.		
Duration of Exercise (in minutes)	A few hours (c. 2 hours)	Materials Needed	Trash bags, paper, a pen
Introduction	Clean your overcrowded closet.		
Step-by-step instructions	<p>There is a cost behind each piece of clothes unnoticed by most people. According to figures from the United Nations Environment Programme (UNEP), it takes 3,781 litres of water to make a pair of jeans, from cotton production to the delivery of the final product to the shop.</p> <p>Let's start with cleaning out your cluttered closet.</p> <p>Step number 1: The very first step in your closet clean-out is to completely empty it. Remove everything, including clothes, hangers and shoes and plop it on your bed or floor.</p> <p>Step number 2: Prepare 2 big bags and name them: DONATE and THROW AWAY.</p> <p>Step 3: Set clear rules The rules are yours but here is an example: If you haven't worn it in a year and it's still in good condition, put it into the DONATE bag. If it's too small (don't wait until it fits you again) or too big, put it into a DONATE bag. If it is damaged, very old and can be can't be repaired or used, throw it in the THROW AWAY bag.</p> <p>Step 4: Finish it up. Now you just need to put everything that is not in the bags back into your closet. Give your DONATE bag to the local charity, and take your THWOW AWAY bag to a place where this waste can be disposed of in the most environmentally friendly way.</p> <p>Step 5. Learn from cleaning the closet. Realize that there are a lot of things that you bought and did not wear. You spent a lot of money unnecessarily. Start buying clothes smartly. Buy clothes</p>		



	<p>that you will wear often and gladly. Buy quality clothes, even though they are more expensive. Be aware that a cheap T-shirt that you wear only once or twice is actually much more expensive than an expensive T-shirt that you wear a hundred times.</p> <p>Be smart, save money and reduce your carbon footprint from clothes!</p>
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Tips for Parents

Tip 1. Choose quality over quantity.

Buy quality clothes that you or your children will often wear and for a long time.

Tip 2. Choose natural fibres.

Natural fibres are cotton, wool, linen, silk, hemp, and jute. Though they have varying degrees of carbon footprints, they're biodegradable and doesn't contribute to microfiber pollution. Some tiny natural fibres end up in the water, but because they're tiny and biodegradable, they get broken down quickly.

Synthetic fibres such as polyester, acrylic, nylon, and spandex are plastic. They're made from fossil fuels and are non-biodegradable. Once they're thrown away, they'll remain in the landfill or water for a long time.

Tip 3. Be picky about the products you buy.

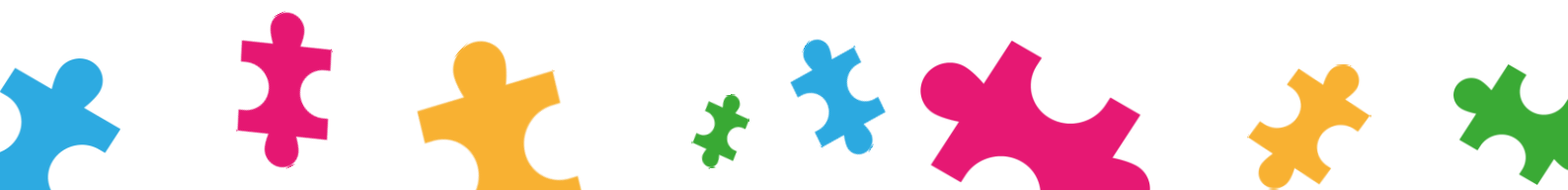
To prevent buying from companies that exploit their employees, always choose fair-trade certified products. Apart from preventing unfair wages, fair-trade certification also requires companies to be environmentally responsible too.

If you're buying something that came from an animal, be on the lookout for ethical certification. Animal cruelty is rampant in industrial-scale operations, and we should prevent that too! Vegan Clothing, like vegan food, is any garment made without animal products (for example, faux fur).

Organic-certified raw materials like cotton, hemp, or linen are better for the environment. Organic farming is better for the soil crops are grown on, causes less groundwater pollution, and has lesser negative effects on farmers' health. Research has shown that organic cotton causes 98% less water pollution than conventionally grown cotton.

Tip 4. Wash your clothes effectively.

If a piece of clothing doesn't smell and it isn't stained, consider wearing it again. Washing full loads of laundry is the most energy and water-efficient choice. Wash clothes in cooler water – you'll cut your energy use by more than 50% than if you use a hot water setting. Your clothes will last longer when you don't wash them as often and don't expose them to high heat from the washing machine and the dryer.





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