



EcoNugget

How to Stop Fast Fashion – **the practice of producing cheap clothes that encourages consumers to buy without thinking about the environmental impact.**

According to the UN Environment Program, the fashion industry is the second biggest consumer of water & is responsible for 8-10% of global carbon emissions. Treating and dyeing textiles pollutes water. Most clothes are made from non-biodegradable synthetic fibers, e.g. polyester. We are buying more clothes and keeping them for less time.

- **Buy less and buy better quality**
- **Repair or redesign damaged garments**
- **Donate to your friends, family or a charity**
(The NH Thrift shop makes rags from old T-shirts and turns old jeans into rugs.)
- **Buy second hand, swap or rent clothing**
- **Wash clothes less often and hang to dry so they last longer**

For further information contact:

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