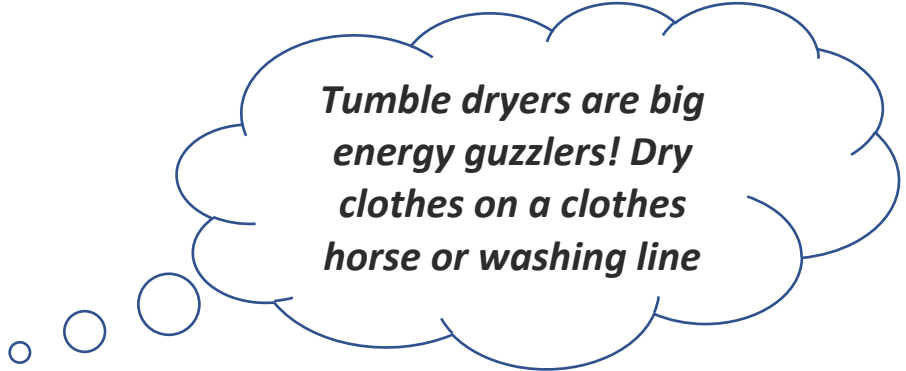


## Energy and the clothes you wear



***Tumble dryers are big energy guzzlers! Dry clothes on a clothes horse or washing line***

### Think about it...

Here are some questions to get your One Good Idea team thinking about the energy that goes into clothes

...

*Where did your school jumper come from, can you check the label?*

*How many kilometres did it travel? Did it travel by boat, plane, rail or truck?*

*What material is it made from? Is this natural or man-made?*

*What temperature do you wash your clothes at?*

*What happens to old clothes?*

The way clothes are made can use large amounts of energy, water and toxic chemicals.

For example, growing and dyeing cotton uses energy and pesticides. It takes six pints of water to produce one cotton bud!

Many of the clothes sold in Ireland come from poorer countries. This can mean poor working conditions for the people making the clothes.

Clothes travel long distances by train, plane and boat to reach Irish shops. These 'fashion miles' produce greenhouse gases and contribute to climate change.

Even more energy is used to wash, dry and iron clothes.

As clothes have become cheaper, more are being sold. Using poor quality materials means our clothes don't last as long. This means more clothes are thrown away.



## What can you do?

- Care for your clothes. Ask the person who washes your clothes to:
  - Wash at low temperatures
  - Choose a chemical free detergent
  - Do not tumble dry – use the washing line instead
  - Hang your clothes to dry to minimise ironing
- Organise a Swap Shop in your school. Remember someone else’s trash can be your treasure!
- Recycle and up-cycle your wardrobe. Organise a fashion show to inspire your friends!
- Recycle your old clothes by bringing them to your local charity shop or recycling centre.
- Ask your favourite shops or fashion designers what they are doing to help.
- Choose more organic, fair trade and locally produced clothing. buy clothes made from other natural materials such as hemp.

## Find out more

### Resources for Teachers and Student

#### Websites

- [Green fashion - 7 reasons why you should care about sustainable fashion](#)
- <http://www.upcyclemagazine.com/what-is-upcycling>
- <http://www.grown.ie/>

#### Videos

- [Eco Friendly Fashion Show](#)
- See how brands such as H&M are [playing their part](#)
- Sustainable fashion tips from [Vivienne Westwood](#)



## Resources for Teachers only

### *Classroom activities*

- Ask the pupils to bring in an old piece of clothing such as a scarf or gloves. In art class, ask them to 'upcycle' the clothes by adding beads, ribbons or buttons.
- Create a classroom swap shop! Ask the pupils to bring in old clothes and swap them with their other class mates.

