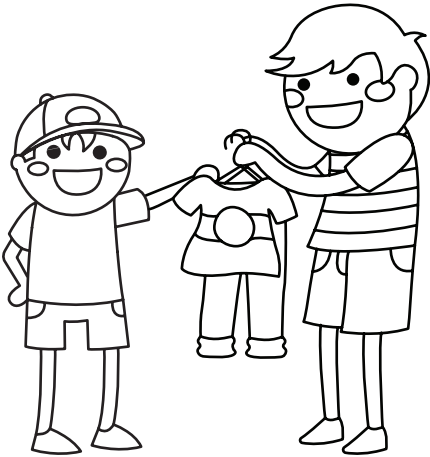


I act. I recycle. I give back!

Every little thing counts for the environment.



Give or sell your undersized clothes to someone who needs them: your brother, sister, cousin or school friend.



Use textiles to make something useful, such as a blanket, pencil case, or simply rags to wash the house.



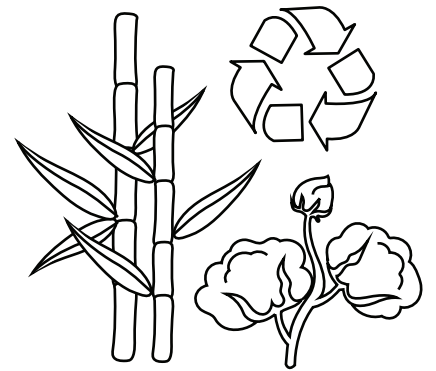
Modify them so that you can keep using them. For example, you can cut old jeans into shorts.



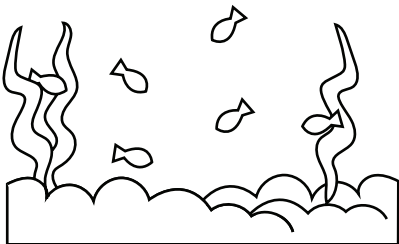
Recycle your laundry. Breathe new life into them by taking them to a thrift store in your neighbourhood or participating in a Super Recyclers clothing drive.



On the day of the Super Recyclers clothing drive, avoid taking plastic bags. Use old pillowcases or jeans and fill them with the clothes you want to give.



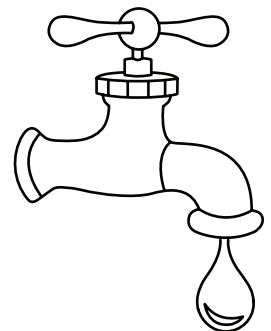
You need new clothes because you're growing too fast? Take the time to look at the labels and buy less, but better. For example, clothes made with organic cotton or bamboo made of vegetable fibres.



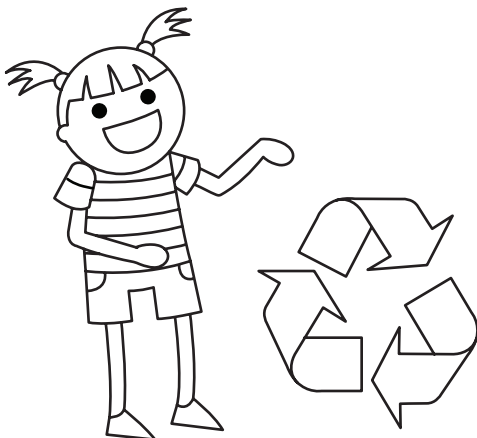
Avoid synthetic fibres (especially polyester, nylon and acrylic), which break off during washing and end up in our lakes and oceans.



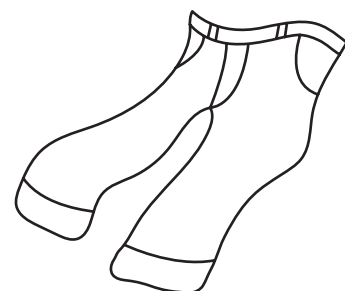
Help the local economy by visiting your neighbourhood's thrift stores. Avoid buying too many new clothes, because to produce clothes you have to emit more greenhouse gases (GHGs) and use a lot of water. In fact, 4% of the world's fresh water is used for clothing, often in areas where drought is a frequent threat).



Wash your clothes in cold water. It is more economical and does less damage to fragile fabric. In addition, you avoid wasting energy!



Wash your jeans every 3 to 4 months. A study conducted in Canada showed that a pair of jeans worn for 15 months contains no more bacteria than a pair of jeans worn for 13 days*. For smells, simply air out your jeans by turning them inside out for a while.



Avoid throwing textiles in the trash, as it takes 1 to 5 years for wool gloves or socks to decompose. Leather shoes: 25 to 40 years, and other textiles, from 100 to 500 years! That's why it's important not to throw away your clothes and to breathe new life into them!