Local designers  
(upcycle & sustainable design):

- Nettle’s Tale
- Nicole Bridger
- Native Shoes
- Adhesif
- Maiwa
- Blue Sky Clothing
- Devil May Wear
- Dahlia Drive
- Erin Templeton
- Sans Soucie

Local sustainable fashions & products:

- Lynn Steven
- Urbanity
- Bodacious
- Couturist
- Tenth and Proper
- Marigold Collection

Fast Fashion is Fast Food.

EMPTY CALORIES THAT MAKE US FEEL FULL.

FACTORIES FULL
OF MISTREATED WORKERS

RIVERS FULL
OF TOXIC CHEMICALS

CLOSETS FULL
OF DISPOSABLE WEARS

LANDFILLS FULL
OF YESTERDAY’S GARMENTS

Process matters.
Quality matters.
Honesty matters.

PERILS OF APPAREL
Suzuki Elder Salon 5 April 2018

Making better-informed apparel purchasing decisions

1. Buy second-hand garments.
2. Use recycled fabrics or organics.
3. Wash clothes less.
5. Swap/Donate/Recycle old clothes.
6. Re-think need for additional clothes.
7. Accept that purchasing decisions present responsibilities, use as tools.

Consignment Shops:

- www.trustedclothes.com
- www.ecolabelindex.com
- “how cultivating the 5 piece French wardrobe will make you a sustainable shopper”
- www.villagecleaners.ca
- www.goodyscleaners.com
- www.arbutuscleaners.ca
- Find sustainable brands/stores in Vancouver: www.sustainablefashions.com

A few suggestions about relevant resources are included.
### Eco-Friendly Textile Choices

<table>
<thead>
<tr>
<th>Category</th>
<th>Minimize purchase of these textiles</th>
<th>Some healthier alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Synthetic Fabrics</strong></td>
<td>Polyester, Nylon, Acrylic, PVC Leather, Faux Fur made with a mix of synthetic materials</td>
<td>Recycled Polyester, Recycled Nylon, Recycled Acrylic, Recycled or Upcycled Fabrics, Eco-Intelligent© Polyester (non-toxic polyester that is recyclable)</td>
</tr>
<tr>
<td><strong>Synthetic Fabrics from natural origins</strong></td>
<td>Viscose, Bamboo Viscose</td>
<td>Lyocell (Tencel©), Bamboo Lyocell, Recycled or Upcycled Fabrics</td>
</tr>
<tr>
<td><strong>Natural Fabrics from plant fibers</strong></td>
<td>Cotton</td>
<td>Organic Cotton, Rain-fed Cotton, Hemp, Organic Flax, Dew-retted Flax, Recycled or Upcycled Fabrics</td>
</tr>
<tr>
<td><strong>Natural Fabrics from animal fibers</strong></td>
<td>Conventional Silk, Cheap and mass-produced animal fibers from irresponsible herding or factory farms</td>
<td>Organic wool, Recycled Animal Fibers, Peace or Wild Silk, Fibers from responsibly raised alpaca, mohair sheep and other animals, Recycled or Upcycled Fabrics</td>
</tr>
<tr>
<td><strong>Pelts</strong></td>
<td>Leather, Fur, Shearling</td>
<td>Recycled Leather, Recycled Animal Fur, Pow-impact Pelts, Upcycled or Second-hand Pelts</td>
</tr>
</tbody>
</table>

For more information on the work of the Suzuki Elders, please see [www.suzukielders.org](http://www.suzukielders.org)

Some useful resources:

- **Overdressed: The shockingly high cost of cheap fashion** by Elizabeth L. Cline
- **The True Cost** - a film that provides a disturbing survey of the clothing economy RiverBlue - a film about how the fashion industry is destroying our world’s rivers.
- **A new textiles economy: Redesigning fashion’s future.** The Ellen Macarthur Foundation. https://www.ellenmacarthurfoundation.org/.../a-new-textiles-economy
- **Timeout for fast fashion.** Greenpeace USA. https://www.greenpeace.org/international/.../Fact-Sheet-Timeout-for-fast-fashion.pdf
- **Unravelling the problem of apparel waste in the Greater Vancouver Area.** www.theleveragelab.com/white-paper-unravelling-the-problem-of-apparel-waste/
- **Unravelling the problem of apparel waste in the Greater Vancouver Area.** www.theleveragelab.com/white-paper-unravelling-the-problem-of-apparel-waste/