

A few suggestions about relevant resources are included.

1. Buy second-hand garments.
2. Use recycled fabrics or organics.
3. Wash clothes less.
4. Air-dry clothes.
5. Swap/Donate/Recycle old clothes responsibly, or use as rags.
6. Rethink need for additional clothes. Accept that purchasing decisions present dilemmas and resolve to become more informed about options and their impact on the planet, people and profits.
- 7.

Making better-informed apparel purchasing decisions

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

- ### **Sustainable Fashion Services:**
- Find sustainable brands/stores in Vancouver: www.trustedclothes.com
 - List of all sustainable clothing labels: www.ecolabelindex.com
 - "How cultivating the '5 piece French wardrobe' will make you a sustainable shopper"
 - Eco-friendly dry cleaners: www.villagedcleaners.ca, www.goodyscleaners.com, www.arbutuscleaners.ca
 - Second Suit for Men/Women
 - Front and Company
 - Turnabout

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

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

www.moralfibres.co.uk

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/
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For more information on the work of the Suzuki Elders, please see www.suzukielders.org