***What to do with extra clothing when you gain or lose weight?***

 

It is no secret that us as humans body changes. Some of us get taller, slimmer, and put on a few extra pounds. While other people like me become PREGNANT! I cant speak for everyone else but just a putting on a few extra pounds is an understatement! When a woman have a child your body is totally different than it was before. Not to say you will never get back in your size 8 pants but it will definitely take a lot of determination, and even then your body won’t be the same and this okay! This past weekend when I sorted through my closet of all the clothes that I knew I would probably never be able to fit again. All of my cute little Friday night dresses, and nice fitted jeans I no longer could fit I can them away too my younger siblings. Luckily we were all in the same size range. But what if we weren’t? I have encountered so many people such as friend’s co-workers and family members who have literally tossed there oh so cute outfits into the trash! Some of them still had the tag on them! To see good clothes go to waste I was distraught. At times I even offered to take some of their clothes item even though I knew I probably wasn’t going to wear them. But I did this just in case if I happened to come across somebody who would. I have witnessed people throw away their Prom dresses! Yes… I said Prom Dresses! When some one about their size could have wore it at their prom, maybe someone who couldn’t afford a prom dress.

Getting to my point. Organizations and websites like Re.Use.Full. Is very useful. To think if I did not have any siblings or close friends to pass down my clothes too I could have used re.use.full and donated my clothes to organizations that really want them. Think about it. To be able to de- clutter your home while also reducing waste, and making a person who you don’t even know extremely happy is a win –win situation. You’re helping yourself for one, the environment for two, and a random stranger! Even when I gave my clothes away to my little sisters I made it clear if it was something they did not want or could not fit that the right thing to do was to donate. Or make a few bucks sell them clothes with the price tags still on them to a close friend. I just pleaded them whatever they do is DO NOT toss them in the dumpster. I also encourage that those who don’t that have loves one who they would like to pass down their belonging to do the same. WHY THROW AWAY WHEN YOU CAN DONATE! Especially to web friendly sites like Re. Use. Full.