

## BIODEGRADABLE TEXTILES:



- **Cotton:** Cotton is one of the most biodegradable fabrics you can have, especially if it is 100% cotton. In a compost, cotton may biodegrade within as little as a week but usually takes about 5 months.
- **Linen:** This very fine material can decompose in as little as two weeks if it is all natural. It is recommended that you cut fabric into small pieces to allow it to decompose better and faster.
- **Silk:** This textile is created from the cocoons of silk worms and is also very biodegradable.

## REUSE/RECYCLE:

- If you're getting rid of clothing because you're just not that into it anymore or it just doesn't fit quite right, consider donating it to someone who could still get some use out of it
- Garage sales are a great way to give away old clothes and make a few bucks while you're at it.
- Why bother in buying bags in store?.Instead of that one can upcycle their old tees into a grocery or produce bags
- If you have a old cotton T-shirts instead of throwing it away ,you can turn it into a Makeup removing cotton rounds
- If you are having old linen clothes ,you can make cute handkerchiefs, napkin curtains,and pillow cases from that old linen.



- Make a potholder
- A great alternative to upcycling clothes beyond repair is to reuse them as kitchen towels (instead of paper), to wipe surfaces clean.
- composting fabrics such as cotton, wool, and silk, back into the soil. The compost is then used to grow fruits, vegetables, and all sorts of plants. If you're into gardening, this approach of discarding old clothes could be the most environmentally friendly of all.