

---

LET'S TALK ABOUT

---

# SUSTAINABLE FASHION



Featuring this hat that I  
upcycled from a towel

# HOW BAD IS CLIMATE CHANGE?

According to the United Nations, we  
only have about **9 years** left to prevent  
**IRREVERSIBLE DAMAGE.**



Image source: [nationalgeographic.com](https://www.nationalgeographic.com)

# WHAT DOES IT HAVE TO DO WITH FASHION?

Fashion is the

**2nd  
LARGEST  
POLLUTER**

in the world,  
just after oil.



Water pollution, toxic  
chemical use and chemical waste

Imag

# FASHION FACTS

Fast fashion uses supply chains , where the products are shipped all over the world. This results in a large carbon footprint.



In order to produce one single t-shirt,  
**700 GALLONS**  
is used up, and polluted.

A single pair of pants uses up  
**1500 GALLONS**

The average Canadian throws away  
**37 kilograms of textile per year**



source: independent.co.uk

# WHAT CAN YOU DO TO HELP?

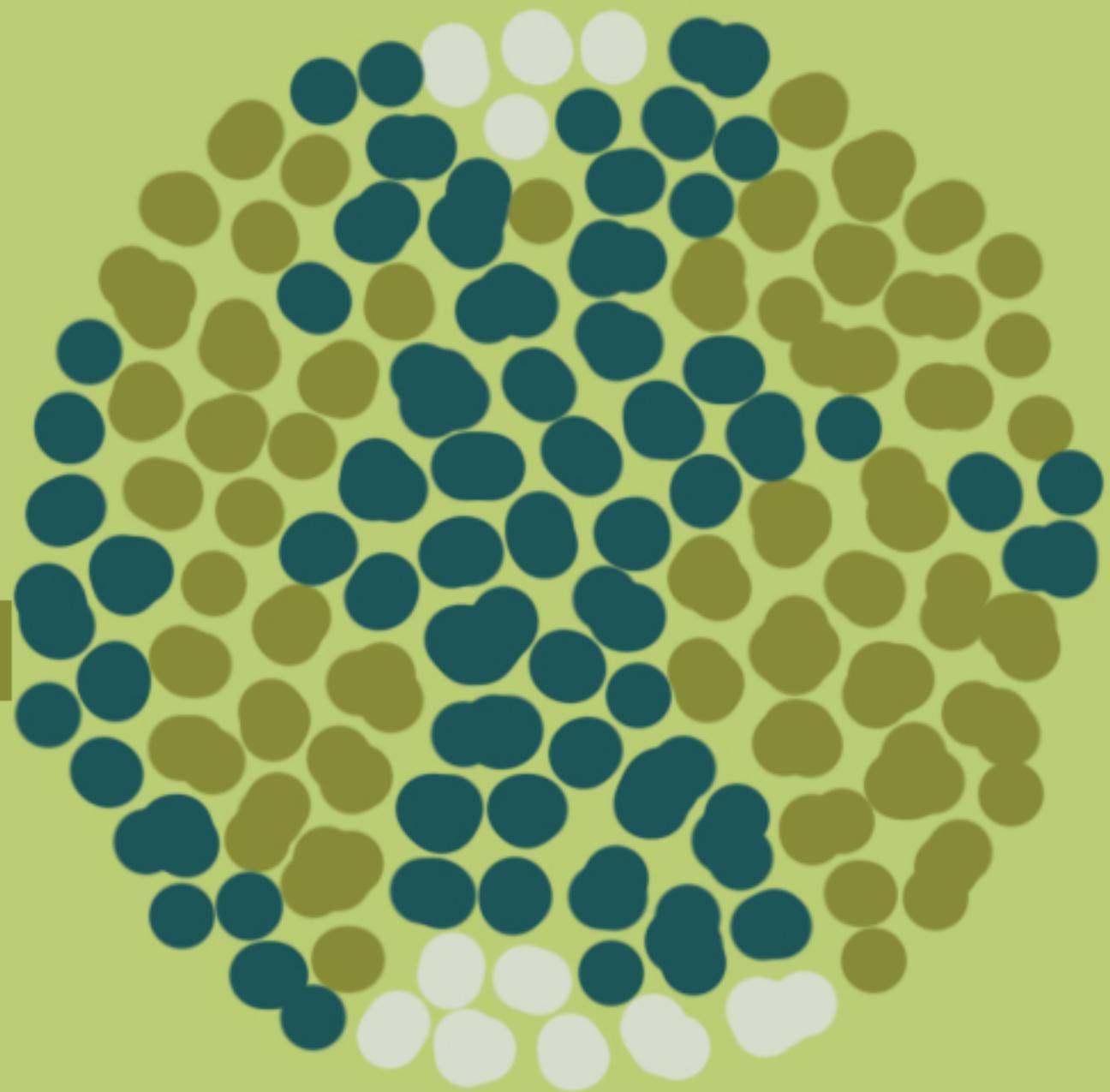
- Thrift!!! (especially from non-profit stores, that donate to charity)
- Support sustainable businesses
- When buying new, quality > quantity
- Upcycle or donate unwanted clothing
- Invest in clothing that you would wear multiple times
- Do more research



# REMEMBER

Don't be too hard on yourself when it comes to making sustainable choices. Making sustainable fashion choices does not necessarily mean completely cutting out fast fashion brands, or buying new clothing items. Every little step goes A LONG WAY.

one single decision can  
make a huge impact



# SOURCES

<https://www.un.org/press/en/2019/ga12131.doc.htm>

<https://www.sustainyourstyle.org/old-environmental-impacts>

<https://knowledge-leader.colliers.com/anjee-solanki/thrifting-latest-disruptor-in-fashion-retail/>

<https://www.cbc.ca/news/business/used-clothing-boom-ecofriendly-1.5356675>

<https://www.woodstrk.com/blogs/blog/8-reasons-why-sustainable-fashion-matters>

<https://www.harpersbazaar.com/uk/fashion/what-to-wear/a41158/how-to-be-sustainable-fashion/>

<https://www.nationalgeographic.com/environment/global-warming/global-warming-effects/>

<https://www.independent.co.uk/life-style/fashion/environment-costs-fast-fashion-pollution-waste-sustainability-a8139386.html>

<https://www.cleanpng.com/png-airplane-stock-photography-royalty-free-landing-av-2626841/preview.html>

**LET'S TALK ABOUT**

# SUSTAINABLE FASHION

**Featuring this hat that I upcycled from a towel**

**1 of 7**

## HOW BAD IS CLIMATE CHANGE?

According to the United Nations, we only have about 9 years left to prevent IRREVERSIBLE DAMAGE.

**Image source:** nationalgeographic.com

**2 of 7**

## WHAT DOES IT HAVE TO DO WITH FASHION?

Fashion is the **2nd LARGEST POLLUTER** in the world, just after oil.

Water pollution, toxic chemical use and chemical waste

**3 of 7**

## WHAT CAN YOU DO TO HELP?

Fast fashion uses supply chains, where the products are shipped all over the world. This results in a large carbon footprint.

Don't be too hard on yourself when it comes to making sustainable choices. Making sustainable fashion choices does not necessarily mean completely cutting out fast fashion brands, or buying new clothing items. Every little step goes A LONG WAY.

In order to produce one single t-shirt, **700 GALLONS** is used up, and polluted.

A single pair of pants uses up **1500 GALLONS**

The average Canadian throws away **37 kilograms** of textile per year

**4 of 7**

## FASHION FACTS

**REMEMBER**

**one single decision can make a huge impact**

**5 of 7**

## SOURCES

- <https://www.un.org/press/en/2019/ga12131.doc.htm>
- <https://www.sustainyourstyle.org/old-environmental-impacts>
- <https://knowledge-leader.colliers.com/anjee-solanki/thrifting-latest-disruptor-in-fashion-retail/>
- <https://www.cbc.ca/news/business/used-clothing-boom-ecofriendly-1.5356675>
- <https://www.woodstrk.com/blogs/blog/8-reasons-why-sustainable-fashion-matters>
- <https://www.harpersbazaar.com/uk/fashion/what-to-wear/a41158/how-to-be-sustainable-fashion/>
- <https://www.nationalgeographic.com/environment/global-warming/global-warming-effects/>
- <https://www.independent.co.uk/life-style/fashion/environment-costs-fast-fashion-pollution-waste-sustainability-a8139386.html>
- <https://www.cleanpng.com/png-airplane-stock-photography-royalty-free-landing-av-2626841/preview.html>

**6 of 7**

**7 of 7**