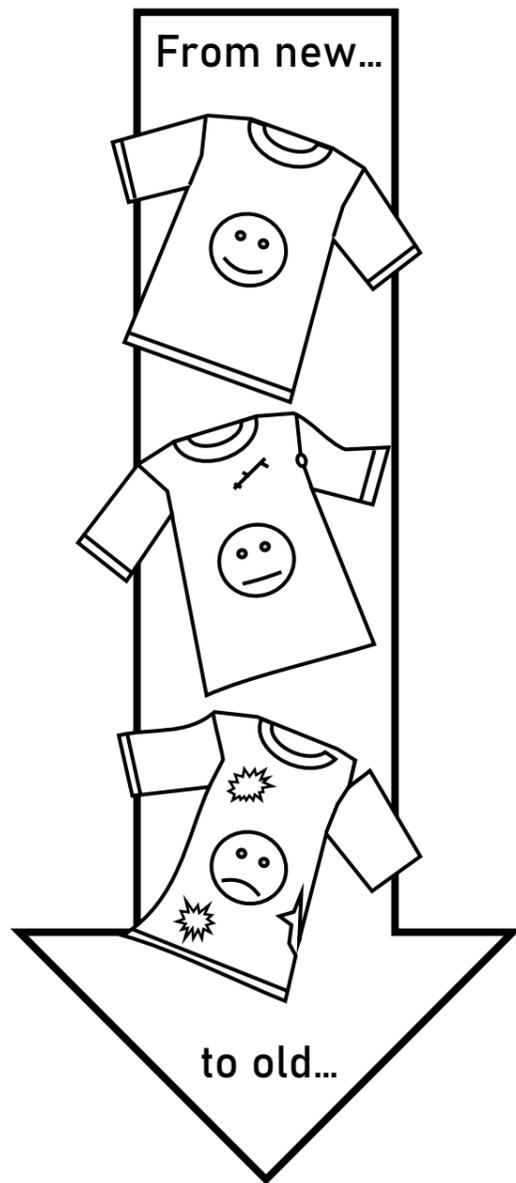




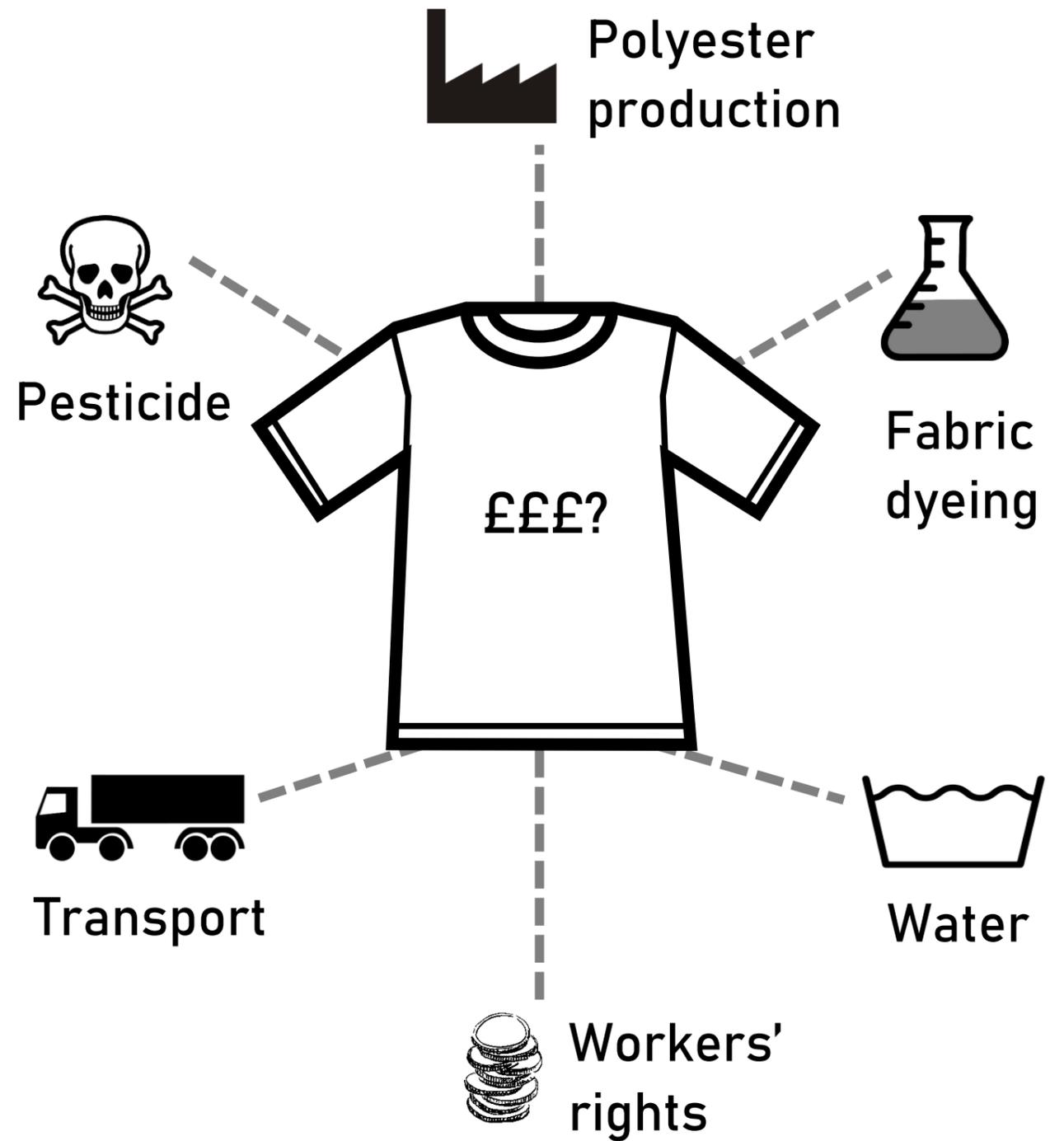
Time to say goodbye?

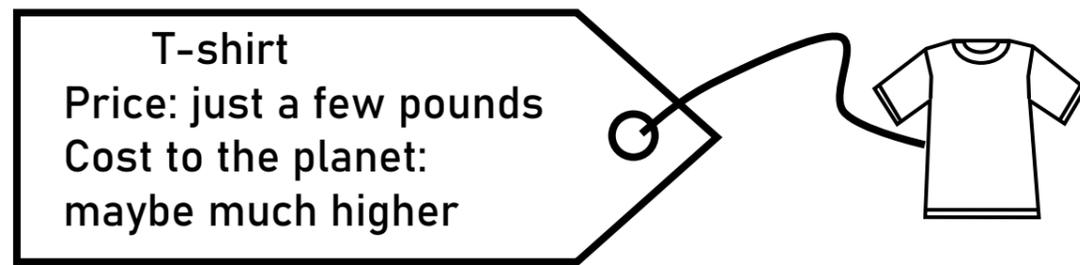
A whopping 300,000 tonnes of clothes are binned each year and another third are not worn. Try these ideas to make your clothes go further. And for more advice and inspiration visit www.loveyourclothes.org.uk



- Take to a clothes swap
- Sell your stuff
- Lend out your clothes
- Give to a charity shop
- Add a creative repair
- Upcycle to hide stains or rips
- Recycle used textiles
- Cut up for a craft project
- Use spare pieces for a rag rug
- Turn into cloths

How much does your T-shirt really cost?





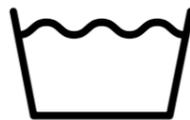
Cotton production uses around a sixth of the world's insecticides. Pesticides cause health problems in many cotton producing communities.



Poly-cotton T-shirts: Around 300 million barrels of oil are used to make polyester each year.



Treating and dyeing fabric causes significant freshwater pollution



2,700 litres of water are needed for each cotton T-shirt. Cotton production has drained most of the Aral Sea.



A T-shirt may travel thousands of kilometres to reach your home, adding even more to its carbon footprint.



A garment worker may be paid about 2% or less of the price that you pay for a T-shirt.

