

The Hidden Waste of Fast Fashion

The average person discards 81 pounds of clothing yearly, contributing millions of tons to landfills.

Fast fashion generates massive textile waste, with millions of tons of discarded clothing ending up in landfills or incinerators each year. The industry relies on low-quality, synthetic materials that are difficult to recycle and often release harmful microplastics into the environment. There are ways to reduce your and keep clothing out of your trash cart.

Here's how you can help keep clothing out of your trash cart:

- **Buy Sustainable Fashion:** Support brands using organic, recyclable, and biodegradable fabrics.
- **Upcycling & Thrift Shopping:** Give clothes a second life and reduce waste.
- **Clothing Take-Back Programs:** Participate in recycling initiatives from brands.
- **Consumer Awareness:** Choose fewer, high-quality items to cut down on waste.
- **Sell or Swap Online:** Extend the lifespan of clothes by reselling or swapping items.
- **Donate to Local Charities:** Pass along gently used clothes to those in need.
- **Use Textile Recycling Bins:** Recycle polyester and other fabrics properly.
- **Care for Your Clothes:** Follow proper washing and care instructions to extend the lifespan of your garments.
- **Repair Instead of Replacing:** Fix small rips, loose buttons, or worn-out hems to keep clothes in use longer.
- **Opt for Timeless Styles:** Choose classic, versatile pieces that never go out of fashion, reducing the need for constant shopping.
- **Organize Clothing Swaps:** Host or attend clothing swap events in your community to exchange items instead of buying new.
- **Choose Brands with Transparent Practices:** Support companies that are transparent about their sustainability efforts and manufacturing processes.

Every small change can add up to make a big difference!

Unwanted textiles, including clothing, bedsheets, etc., may be recycled as long as they are clean and dry. [WLSSD Materials Recovery Center](#) hosts a recycling container for free recycling. [Goodwill](#), [Savers](#), and other local organizations all recycle textiles at community drop sites.