

# MINDFUL CONSUMERISM

JUL 2023

## INTRODUCTION TO FAST FASHION

### DIY ACTIVITIES

Have clothing that is no longer used? Experiment with these creative activities at home!

### EXCLUSIVE ARTICLES

Read how the Founder of The Pale Blue Dot, Mary Luciani, and Emily Hearn explore their passion for sustainability!

### VOLUNTEERING AT THE THRIFT STORE

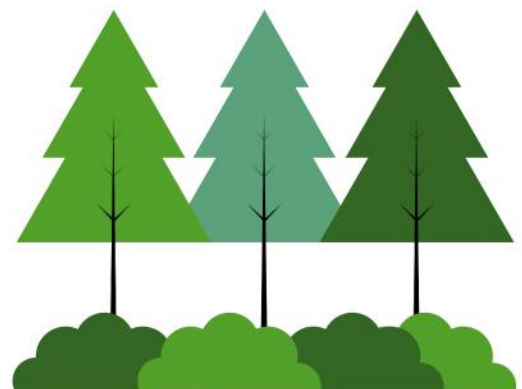
Learn how volunteering allowed a high-school student, Unzela Noor, to delve into her enthusiasm for fashion and making a difference in her community!

CREATED AS PART OF GREEN VENTURE'S  
YOUTH STEWARDSHIP & PROFESSIONAL  
SKILLS PROGRAM



# Contents

Introduction To Fast Fashion	1
Exclusive Articles	3
• The Natural Way: Slow Fashion	3
• Cultural Sustainability	5
Fast Fashion Alternatives	7
Greenwashing Exposed	9
Advice 101: Cleaning Out Your Closet	11
Second-Hand Shopping: Uncovering Hidden Gems	13
Volunteering At The Thrift Store	15
DIY Clothing Upcycling Activities	20
Resources	24
For Our World	28
Meet The Contributors!	29





# Introduction To Fast Fashion

WRITTEN BY JASMINE MONTRICHARD

Fast fashion is a *significant*, industry-wide issue known for its unsustainable practices and dreadful working conditions. It prioritises speed and low cost, illustrating its convenience for consumers. It is a business model notorious for issues such as, but not limited to:

- **High consumption of vital resources:** Common materials used in fast fashion clothing, such as cotton, require large amounts of water, pesticides, and fertiliser. It can use over 2,500 litres of water to produce enough cotton to create a single t-shirt.
- **Wastefulness:** Fast fashion encourages consumers to buy unsustainable, easily replaced clothing items as trends alter.
- **Pollution:** The production of synthetic materials such as polyester releases large amounts of greenhouse gases and other pollutants.
- **Labour exploitation:** Fast fashion brands seek cheap labour to keep their clothing prices low.
- **Child labour:** The use of child labour in fast fashion has been well-documented, especially in developing countries where labour laws and regulations are not as strictly enforced.
- **Poor working conditions:** Fast fashion factories often subject workers to hazardous conditions with long hours, low pay, and almost no breaks.



Fast fashion brands rely heavily on new trends to drive sales. Many influencers often persuade their audience by wearing or advertising fast fashion on social media. According to some studies, the pressure to keep up with fast fashion trends and its culture of consumerism can result in a negative body image and distorted self-esteem.

Despite these companies' usage of unethical practices, we as individuals can take matters into our own hands and do what we can to motivate change in our everyday lives, such as:

- **Shopping secondhand:** You can shop for secondhand clothing from thrift stores, consignment shops, and online marketplaces.



- **Investing in sustainable clothing items:** While not everyone can afford quality clothing items, it can save money in the long term and reduce our environmental impact.
- **Supporting ethical and sustainable fashion brands:** Consider brands that prioritise ethical and sustainable clothing practices, such as: using eco-friendly materials, paying fair wages to workers, and promoting transparency.
- **Upcycling:** Consider transforming or repurposing items instead of replacing them.
- **Educating yourself and others:** Expand your knowledge about the impacts of fast fashion and raise awareness among others.

Whether you're a fashion enthusiast or a curious student, this magazine will provide valuable high-level insights and information about fast fashion alternatives to support you in making more conscious choices on what you wear and how you shop.

The key is to find balance in minimising your environmental impact. We cannot be fully zero-waste, as some things are necessary for our everyday lives. Allowing ourselves some leniency everyone in a while enables ourselves to continuously live a sustainable, eco-friendly life.



A woman with long, wavy brown hair, wearing a wide-brimmed tan hat and a white, short-sleeved, knee-length dress, stands on a stone path in a lush garden. The garden is filled with various plants, flowers, and trees, creating a natural and serene atmosphere. The lighting is soft, suggesting a bright but slightly overcast day.

**EXCLUSIVE**

# The Natural Way: Slow Fashion

**WRITTEN BY MARY LUCIANI, FOUNDER OF THE PALE BLUE DOT**

Ten years ago, I became inspired to reduce unnecessary plastics and toxic ingredients in my everyday life. As I focused on this, the global problem became impossible to ignore. This was not only a crisis of protecting the planet's health, but the health of people as well. Natural alternatives were few and far between locally. I knew I wasn't alone in my search. And so, at 24, I created and opened The Pale Blue Dot - an Earth-Friendly, People-Friendly General Store Apothecary - specialising in safe, ethically-sourced, responsibly-made,

toxin-free, plastic-free goods. Natural alternatives for conscious consumers, thoughtfully curated in a one-stop shop, where all goods undergo rigorous vetting, to assure our community's confidence in their investments. For the love of people & planet.

Since opening in 2017, our faith's been firmly rooted in nature. We are organic beings in a world that's becoming more disconnected from our natural environment. We are passionate in our quest to inspire the



renewal of relationships between humans and nature.

When we consider the amount of synthetics around us, it becomes clear why we and our planet are living with disease. From the products we use every day to the clothing on our skin, our natural systems are flooded with synthetic toxins. As we know, what goes on our skin, goes into our skin.

The Fast Fashion industry is responsible for upwards of 10% of the global carbon emissions, it sends toxic chemical runoff into waterways, all while 85% of its production ends up in landfills every year.

We want to see a new way (which isn't really new at all).

Slow Fashion is the practice of sourcing materials sustainably and responsibly, and treating makers and artisans ethically. Slow fashion is buying less and wearing more. It is treasuring pre-loved items, and getting creative. Simply by making conscious choices with the clothing we invest in, we are resetting the tide. My ideal vision of slow fashion involves timeless and versatile designs made with purely natural textiles, safe for the maker, the wearer, and the planet.

From soil and seed, and after a long loved life, back to the soil. And thus, our Heirloom Linen clothing line was born. I marvel at the partnership between plants and people to create natural, durable, delightful textiles

such as linen, cotton, and hemp. To me, slow fashion is understanding the gift of our natural textiles and honouring all our clothing with good care. I believe a strengthened bond between humans and the natural world is the only way to come back to balance. In order to properly support our planet, we must first grow a true appreciation and love for all things natural. This planet, this life, gives us so much every day. May our actions, on this Earth, be led with gratitude for her bounty. Let us use every opportunity to strengthen and nurture our environment and revel in how we are nurtured and strengthened in return. Let us strive to find new ways to create in harmony with the natural world. Just as our ancestors did.







**EXCLUSIVE**

# Cultural Sustainability

**WRITTEN BY EMILY HEARN, CREE MÉTIS ISKWEW**

It is my belief that we cannot talk about ecological sustainability without talking about cultural sustainability. Although there are countless Indigenous nations and cultures across the globe, sustainability is a cornerstone to how most of us understand the world. We know that everything we have has been gifted to us from the Earth, and we must pass along and share these gifts. This is our responsibility.

In *Braiding Sweetgrass*, Robin Wall Kimmerer wrote “Gifts from the earth

or from each other establish a particular relationship, an obligation of sorts to give, to receive, and to reciprocate.” Kimmerer is speaking here of the Indigenous gift economy, within which people give and receive gifts and understand the bundle of relational responsibilities attached to this gift-giving. “That is the fundamental nature of gifts: they move, and their value increases with their passage,” Kimmerer continues. “The more something is shared, the greater its value becomes.” Indigenous art, clothing, and design –



especially those that are traditional in nature – are created with this innate understanding. Anyone who has created a work of art, no matter how small, knows that the artist pours their mind, heart, spirit, and body into their work. Even further, when an artist creates a work of art rooted in tradition and culture, hundreds of years of love and reciprocity have led to this creation. They are following ancient teachings that guide them to be sustainable, and to treat the Earth and her gifts with respect.

Indigenous clothing across the globe has historically used materials that could be sourced, harvested and processed locally. Most materials could be repurposed if worn down,



all were fully biodegradable. Many designs used by Indigenous clothing makers have been passed down through family lines for hundreds of years. They were created as an act of love from those who came before us. “I made these moccasins for you,” a Cree mother may have said to her son. “So that your feet do not hurt when you hunt for us.” It is said that beadwork styles became so distinctive that a person could recognize which family the artist came from. This is why cultural misappropriation can be so harmful. It is simply not possible to ‘borrow’ the cultural history of artwork. An artist from outside of the culture cannot instill the appropriate teachings, experiences, worldviews, and history into Indigenous designs. This is not to say that non-Indigenous peoples cannot appreciate Indigenous art and fashion. Those who are inspired by Indigenous designs can express this by supporting Indigenous artists. We are sharing our gifts with you, and you can reciprocate by doing the research, purchasing Indigenous art, and uplifting our voices.

We have responsibilities to this Earth and to each other. By engaging in reciprocal gift-giving relationships, we begin to understand each other a little better. By supporting cultural sustainability, we support ecological sustainability. Let us respect the gifts the Earth has given, the gifts we give each other, and let us create good medicine together.



# Fast Fashion Alternatives

WRITTEN BY JASMINE MONTRICHARD

In a world where fast fashion dominates the clothing industry, a growing movement of companies is challenging the status quo. By purchasing sustainable and ethical clothing, consumers can create a positive impact on both the planet and the lives of workers involved in the fast fashion industry. Join the sustainable style revolution and discover a world of fashion that aligns with your values!

In this article, we feature some companies based in Hamilton where you can purchase clothing from.

## 1 The Pale Blue Dot

240 James St N

[www.thepalebluedotshop.com](http://www.thepalebluedotshop.com)

A small, family-owned shop, they focus on providing the community of Hamilton with natural, ethical and earth-friendly products and inspiring slow, conscious, low-waste living. They offer a range of eco-friendly and long-lasting clothing made from organic and sustainable materials. The Pale Blue Dot is committed to reducing waste and minimising environmental impact.

## 2 Neoteny Apparel

[www.neotenyapparel.com](http://www.neotenyapparel.com)

A small, family-owned shop, they focus on providing the community of Hamilton with natural, ethical and earth-friendly products and inspiring slow, conscious, low-waste living. They offer a range of eco-friendly and long-lasting clothing made from organic and sustainable materials. The Pale Blue Dot is committed to reducing waste and minimising environmental impact, holding a rating of 4.5 stars based on Facebook reviews.

## 3 Reloved Boutique

226 James St N

[www.therelovedboutique.com](http://www.therelovedboutique.com)

Started by Raquel and Lateisha, the mother-daughter duo is behind the newest women's consignment boutique in the community of Hamilton. The boutique focuses on sustainable fashion and consumerism, encouraging customers to shop second-hand and reduce their environmental impact. Reloved Boutique also donates a portion of its profits to



local charities and organizations, further promoting social and environmental responsibility. When a customer orders, the creator, Danielle, selects the perfect pair of jeans out of over a thousand in her inventory. She upcycles them and fits them to the customer according to their measurements. When you need a pair, Danielle's there!





# Greenwashing Exposed

WRITTEN BY MARCUS REYES

## What is Greenwashing?

Greenwashing is a deceptive tactic used by companies where their products are falsely claimed or advertised to be environmentally friendly or as having a greater positive environmental impact than they actually do. Greenwashing may happen when companies attempt to highlight sustainable aspects of a product to overshadow the company's involvement in environmentally damaging practices.



## How do you spot greenwashing?

Greenwashing is typically performed through the use of environmental imagery, misleading labels, and hiding tradeoffs. To help out, here's some tip offs to look for to see that greenwashing is occurring:

### 1 Lack of Proof

This is one of the biggest things to look out for. A company may self-proclaim itself as environmentally friendly, but do they have anything to back it up? Make sure to verify their claims, as companies that are actually environmentally friendly will provide evidence and certifications to back up their claims. And make sure not to fall for statistics either! They can be fabricated as well, so ensure that the company's claims are legitimate before making a purchase.

### 2 Vagueness

While browsing throughout stores, you may come across labels that claim themselves to be 'all natural' or 'sustainable.' What does that even mean? These labels can be misleading as they can easily persuade consumers that a certain



company is environmentally friendly with the right combination of environment-related words.

### 3 Lesser Of Two Evils

It is common for companies to make environmental claims even when the overall product has little to no environmental benefits in the first place. Take the automobile industry for example, with its massive contribution to greenhouse gases and CO2 emissions. Some car companies claim that their cars require “greener” fuel or that their cars are “more fuel-efficient” when in reality, owning a car is one of the worst things you can do for the planet. No matter how green the fuel is, the car will still produce large amounts of greenhouse gases.

### 4 Irrelevance

This occurs when a company promotes an environmental claim that is technically true but irrelevant to the product. The most common example of this is the claim of “CFC-Free.” Chlorofluorocarbons (CFCs) are a type of man-made greenhouse gas primarily produced within air conditioning units. However, CFCs have been banned by law since the 1970s. The claim “CFC-Free” tricks people who are unaware of current environmental laws or production standards to believe that the company is actually environmentally conscious.

### What can we do about it?

Raise awareness! If you spot greenwashing, raise your voice and tell the people around you. Post it on social media and call out the company in question.

The more people that know about greenwashing and the companies that use it, the less effective it'll end up being.





# Decluttering 101: Cleaning Out Your Closet

WRITTEN BY HANNIA MOJICA

It is common for companies to make environmental claims even when the overall product has little to no environmental benefits in the first place. Take the automobile industry for example, with its massive contribution to greenhouse gases and CO2 emissions. Some car companies claim that their cars require “greener” fuel or that their cars are “more fuel-efficient” when in reality, owning a car is one of the worst things you can do for the planet. No matter how green the fuel is, the car will still produce large amounts of greenhouse gases. Below are a list of tips to clean out your closet, so you can make use of the things you thought you wouldn't have used before:

- **Your closet should be cleared of all clothing, accessories, and shoes.** Remove everything from the closet and arrange it on the bed, table, or floor. This will allow you to inspect all your clothing. Once everything is out of the closet, you can decide more quickly what to keep, donate, or sell.



- **Try each item out.** When you are organising your closet, it's crucial to try on all your clothing and accessories. This will enable you to decide for yourself whether you ought to keep, give away, or try to sell the item.
- **Establish piles.** You will be sorting your clothing into categories as you organise your closet: keep, storage, sell, and donate. Each item will go in its appropriate pile when you try it on and evaluate it. Grab a trash bag for clothing that will be donated, a storage box for clothing that will be sold, and a storage container.



- **Place donations in a trash bag.** For the garments you choose to give, you will require a sizable garbage bag. It will be easier to clean out your closet if you have one set up nearby. If you think you'll be donating a lot of clothing, choose an extra-large or contractor's garbage bag. Put an item in the trash bag after deciding to donate it.



- **Carefully consider all the accessories.** Belts, scarves, and shoes should all be part of your cleaning quest. Each accessory should be worn with a complementary ensemble. Get rid of anything that is outdated, that you don't love, or that doesn't fit.
- **Place items you will sell in a box or basket.** When you clean out your closet, you will decide what items you will try to sell. Find a large box in which you can place these clothes and accessories. You may keep the garments wrinkle-free and folded in the box. Instead of a box, you could alternatively use a washing basket.
  - You can avoid ironing the clothing before selling them if you fold them nicely.
  - If you are selling online, use this opportunity to take nice photos of the clothes to post with your online listings.
- **Store off-season clothes and accessories.** You can organise your wardrobe into seasonal piles once you've decided what to keep and what to discard. Out-of-season clothing should be placed in a container with a lid, such as a Rubbermaid container or a basket. For example, if you organise your closet in the summer, you can put away winter boots, gloves, and sweaters.



# Second-Hand Shopping: Uncovering Hidden Gems

WRITTEN BY UNZELA NOOR

Thrift shopping has become a popular and sustainable way to update your wardrobe and find unique treasures. The thrill of discovering one-of-a-kind items at affordable prices is unmatched. However, thrift shopping requires a different approach compared to traditional retail stores. To help you make the most out of your thrifting, here are five tips to keep in mind:

## 1 Have a Clear Idea of What You're Looking For

Before heading to the thrift store, it's crucial to have a clear idea of what you're searching for. Are you looking for a specific clothing item, vintage shoes, or unique accessories? Knowing your preferences will help you navigate through the vast selection more efficiently. Consider creating a list or a mood board to keep your vision in mind while browsing.

## 2 Be Patient and Persistent

Thrift stores can be overwhelming with their wide array of items, so patience is key. It's unlikely that you'll find exactly what you want on your first visit, but don't get discouraged. Thrift shopping requires persistence and regular visits to discover the hidden gems. Take the time to thoroughly search through racks, shelves, and bins. The more you explore, the higher the chances of finding something extraordinary.

## 3 Check For Quality and Condition

When thrift shopping, it's important to assess the quality and condition of the items you're interested in. While a bit of wear and tear can add character, ensure that the item is still functional and in decent shape. Inspect clothing for stains, rips, missing buttons, or broken zippers. Don't purchase something that requires extensive repairs unless

you're willing to invest the time and effort!

#### 4 Keep an Open Mind

One of the joys of thrift shopping is stumbling upon unexpected treasures. Don't limit yourself to a specific style or era. Keep an open mind and explore various sections of the thrift store. You might find vintage pieces, designer items, or unique accessories that you wouldn't have considered otherwise. Embrace the tranquillity of thrifting and allow yourself to be pleasantly surprised.

#### 5 Know Your Budget

While thrift shopping can be budget-friendly, it's essential to have a clear idea of how much you're willing to spend. Set a budget before you start your shopping spree and stick to it. It's easy to get carried away with the low prices, but remember that multiple small purchases can quickly add up. Being mindful of your budget will ensure you have a satisfying thrift shopping experience without any financial regrets. When

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# Volunteering At The Thrift Store

WRITTEN BY STEPHANIE JEAN PIERRE, UNZELA NOOR, JASMINE MONTRICHARD

Fashion is an evolving art form that weaves elements of culture, creativity, and self-expression. It blends aesthetics with functionality and tradition with innovation. Fashion stands at the forefront, inviting us to explore and redefine the boundaries of self-presentation.

Unzela Noor, a high school student, found herself enthusiastic about fashion and the adventure of thrifting rare beauties. Volunteering allowed her to learn, contribute, and hold experiences fondly. It allowed her to devote herself to her values and skills.

To look into the lenses of how others help to lessen the impact of fast fashion, we interviewed Unzela. Here are the questions our interviewer, Stephanie, asked to shed light on volunteers' work and provide valuable insight:

**Why did you decide to volunteer at the thrift store? How long have you been volunteering there?**

"I started volunteering at the thrift store about 2 years ago. I initially started volunteering because I was really into fashion at the time and



also adored thrifting so this was the perfect opportunity to combine both my interests. It was a chance for me to give back to the community and first-hand make a difference in the lives of people. It allowed me to improve my social and work ethic skills such as customer service, retail operations, and inventory management. Most of all, sustainability is an immense entity I value, and volunteering at a thrift store offers a chance for me to contribute to a more sustainable future by lessening the environmental effect of rapid fashion and consumption."

**What is your role at the thrift store?  
Take me through a regular shift.**

"Roles in a thrift store can vary from what you choose to help with as a thrift store is so diverse, carrying items such as clothes to toys. I currently help out with the clothing/books sector of the thrift store.

My day starts at 9:00 am, 1 hour before the store opens to prepare for the incoming tasks. Preparation could include; sorting out items according to their section, helping out the seniors, organising my schedule for the day etc. With the preparation done, I would usually receive racks of clothing which I would have to sort out in the clothing section. For example, the clothing racks have different types of clothing, my job would be if I had a swimsuit, I would hang the swimsuit in the summer/water clothing rack of the store. Sometimes, if the store is hosting a clearance sale or special event I would help put the correct tags for the clothes. I would continue putting up the clothes in their designated racks until my break which is around 12 pm.

During my break, I would eat my lunch as well as the delicious sweets that are baked right here at the store. I would also connect and talk with the other volunteers about their jobs. Usually, the customers are here by now, so I would support customers in directing them to the right items, guiding them through the store, answering any of their questions etc. Once all the clothing is set, I would either sort out the books or I would help others in their tasks until my

shift ends at 3:00pm.

An interesting thing about volunteering at a thrift store is that everyday is different from the one before, which means that you will have a variety of different tasks/jobs to work on each day."

**Do you want to have a career in Fashion?**

"Currently, I don't have any plans for a career in fashion. However, I love and am passionate about fashion as a hobby!"



**When I go to work, I always notice things that I want to borrow. Do you frequently buy clothing and accessories from your thrift store? What was your best thrift find (either from your store or somewhere else)?**

"Yes, I relate to that! I personally love to thrift, so I frequently buy pieces from other thrift stores which are non-profit and support their community. I not only find great clothing/accessories but also books and games. I found that many thrift stores contain a huge selection of books that are great in quality, many



of which are hidden gems so keep a look out for that! One of my best thrift finds was a pair of high-quality Levi jeans. Usually finding Levi's denim is a rare thing, however, I stumbled across it one day and immediately fell in love with it! The wear and tear added character to it and was the perfect size."

**What is the most meaningful or enjoyable part about volunteering at the thrift store?**

"Volunteering at a thrift store is a very fulfilling and rewarding experience. There are many meaningful and enjoyable parts about volunteering, one of the biggest parts is giving back to the community. Volunteering at a thrift store provides a unique opportunity to really first-hand make a difference for people and the community. Especially, witnessing the look of fulfilment on people's faces when they find their perfect piece or assist someone in finding their items. It is a very satisfying experience. Another rewarding part is giving back to the environment. Shopping at second-hand stores is an excellent method to lessen your environmental footprint, and volunteering at a thrift store furthers this cause. Thrift stores are an excellent method to minimise waste and promote sustainability by reusing products that might otherwise wind up in a landfill."

**What has volunteering at a thrift store taught you about mindful consumption, consumerism, or fashion in general?**

"Volunteering at a thrift store has taught me about the environmental



and societal consequences of our purchasing patterns. Seeing the enormous volume of donated products and the volume of unsold items has made me appreciate the necessity of conscious consumerism. It's critical to understand what we buy, where it comes from, and how it affects the environment and society."

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**What has volunteering at a thrift store taught you about mindful consumption, consumerism, or fashion in general?**

"Volunteering at a thrift store has taught me about the environmental and societal consequences of our purchasing patterns. Seeing the enormous volume of donated products and the volume of unsold items has made me appreciate the necessity of conscious consumerism. It's critical to understand what we buy, where it comes from, and how it affects the environment and our society.

Also, volunteering at a thrift store has given me a better understanding of the fashion business and its influence on the environment and society. It's startling to see how much clothing is given and how much of it ends up resold or trashed. It's also helped me realise the necessity of supporting ethical and sustainable fashion brands and the need for increased sustainability in the fashion industry."

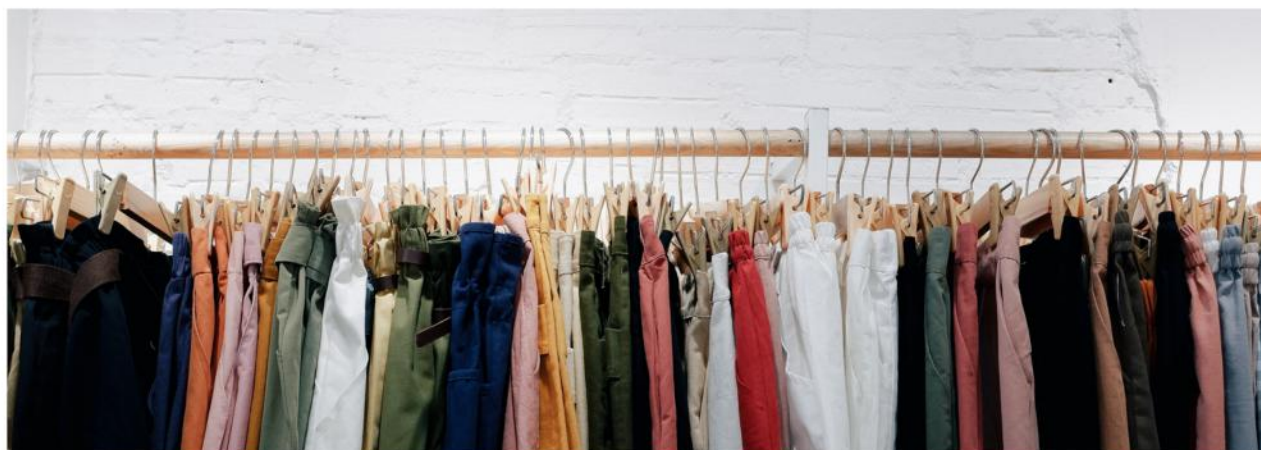
**How has your perspective of the clothing or trend cycle changed?**

"My perspective has radically changed on the trend cycle because

of volunteering at a thrift store. It made me realise that fashion is cyclical, with fads and styles coming and going. (Psst, buying fast-fashion branded clothes). You may come across items that were fashionable decades ago but are now back in style. This caused me to reconsider the value of following the newest trends and instead concentrate on building a personal style that is timeless and represents your personality."

**What advice would you give to someone who is interested in volunteering at a thrift store?**

"If you're interested in volunteering at a thrift store, it's important to keep in mind that it requires lots of dedication and hard work. Make sure that if you do want to volunteer at a thrift store, you can invest the time and energy in supporting and helping with the thrift store. Before you begin, be sure you understand what is expected of you. Consider how frequently you will be needed to volunteer, what responsibilities you will be in charge of, and how long each shift will be. Also, take the time to enjoy your experience by





connecting with other volunteers and customers by aiding them to the best of your abilities. Make sure to understand and research what each organisation stands for and what suits your values!"

**What is something they don't tell you about thrift stores?**

"Something that they don't tell you (which many people are unaware about) is that not all thrift stores are non-profit and support the community. It's very important that before you go to thrift, make sure to double-check where the proceeds are going for each store that supports a good cause. Or else the proceeds might go toward personal profit. Be careful!"



# DIY Clothing Upcycling Activities

WRITTEN BY JASMINE MONTRICHARD, STEPHANIE JEAN PIERRE

If you're a beginner figuring out what to do with your old clothing, upcycling is an enjoyable and innovative activity that embraces self-expression and lessens our carbon footprint. We can show off our artistic capabilities while hindering our environmental impact.

In this article, we will provide step-by-step demonstrations to introduce the joy of creating interesting pieces of artwork just by using old textiles!



## Activity 1: Jeans Into Shorts

### Materials

- A pair of jeans
- Fabric scissors
- Marker or chalk

### Instructions

- 1** Make sure your chosen pair of jeans are free from tears or holes in the areas where you plan to cut them.
- 2** Try on the jeans and determine how short you want your shorts to be. Mark how short you want to cut the jeans.

- 3** Remove the jeans and lay them on a flat surface. Continue to draw a line across both legs of the jeans where you marked your desired length.

- 4** Use fabric scissors to cut along the marked line.

- 5** Try on the shorts to make sure they are the desired length. Make adjustments to your shorts as needed, carefully cutting off the extra length in your shorts and trimming any



uneven areas along the bottom hem of the shorts.

- 6 Wash and dry the shorts to create a more natural-looking fray and to soften the fabric of the shorts.

If wanted, you can create a rolled cuff by folding up the bottom hem of each leg by 1-2 inches, using pins to secure the cuffs in place.



## Activity 2: T-Shirt Into A Crop-Top

### Materials

- T-Shirt
- Fabric Scissors
- Marker or chalk

### Instructions

- 1 Lay the t-shirt on a flat surface, making sure that any wrinkles are smoothed out.
- 2 Decide how short you want the crop top to be and mark the desired length with a marker or chalk.
- 3 Use the scissors to cut across the t-shirt just above the marked line.
- 4 Use fabric scissors to cut along the marked line.
- 5 Try on the crop top and make adjustments as needed.

Optionally, you could cut off the sleeves of the T-shirt for a sleeveless look.

**TIP:** Cut the T-shirt in a straight line for a neater finish



## Activity 3: T-Shirt Into A Workout Tank

### Materials

- T-Shirt
- Fabric Scissors
- Marker or chalk

### Instructions

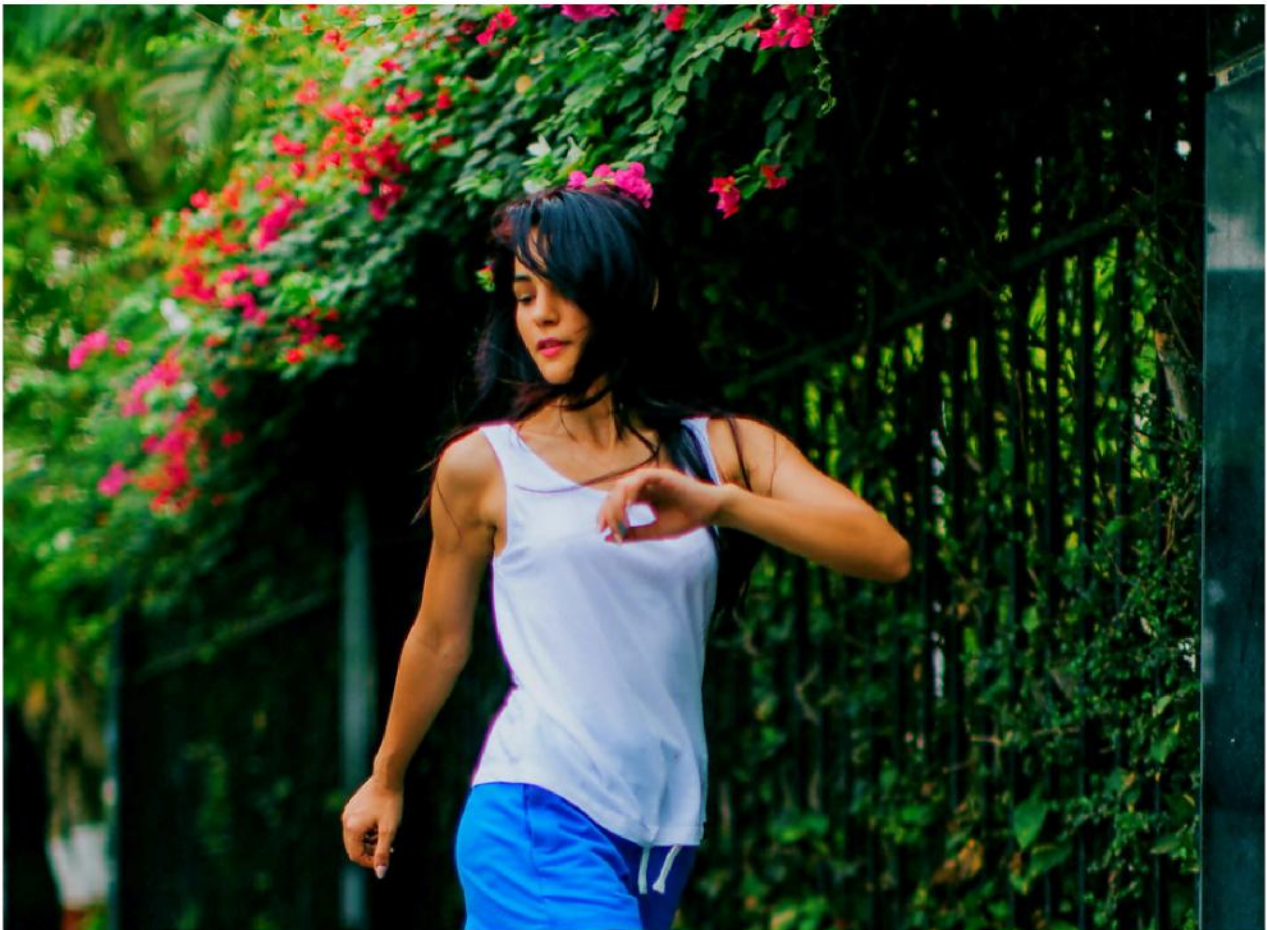
- 1** Lay the T-shirt on a flat surface. Make sure to smooth out any wrinkles.
- 2** Cut the sleeves of the T-shirt along the seam.
- 3** Cut the neckline of the T-shirt and leave a rectangular opening.
- 4** Decide how low you want the armholes to be, and mark the desired length with a marker or chalk.

**5** Cut a curved line from the bottom of the sleeve hole to the bottom of the marked line on both sides of the t-shirt.

**6** Try on the workout tank and make adjustments to the length or fit as needed.

### TIPS:

- Cut the armholes slightly larger than you think you would need them so can allow you to be more flexible.
- If you want to show off a sports bra or tank top underneath, carefully cut the armholes and neckline slightly wider than you normally would.





## Activity 4: Turn a T-Shirt Into A Tote Bag

**NOTE:** Time varies based on your hand-sewing abilities and whether or not you used a sewing machine.

### Materials

- T-Shirt
- Lining Fabric (you can use a second T-Shirt or leftover fabric)
- Pins
- Measuring Tape
- Chalk
- Scissors
- Sewing Machine and Notions OR A Needle and Thread

### Instructions

- 1** Measure a rectangle around your shirt (if your shirt has a design, use that as a guideline).
- 2** Mark your measurements and cut them out.
- 3** Repeat with lining fabric.
- 4** Pin the fabric with the good sides together and sew. Leave the top open. Repeat with lining.
- 5** Flip the lining so that the good side is out. Insert the T-shirt.
- 6** Fold over 1-2 cm of fabric at the opening. Pin and sew.
- 7** Use the bottom half of the t-shirt to create straps. Cut 2-inch by 24-inch strips. If you want wider handles, make each strap 4 inches wide or more.

**8** Fold the fabric rectangles vertically, so the good sides are together. Pin and sew, then flip it so the good side is outwards.

**9** Pin the straps 1.5-2 inches away from the side of your bag (this measurement is relative to the size of your bag).

**10** Sew the straps on, flip the bag's good/design face out and you're done!

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Congratulations! Just by experimenting with these activities, you have helped cut down waste by repurposing old t-shirts! While most of these activities may be simple and not require any kind of mending, you can always let your curiosity run free and research for more fun activities to use your old clothing items.



# Resources

WRITTEN BY JASMINE MONTRICHARD, STEPHANIE JEAN PIERRE



It's easy to overlook the drastic effects of fast fashion and what induces on our society and the environment.

This list includes insightful resources which offer a deep dive into the fast fashion supply chain. It explores labour exploitation, pollution caused by textile production, and the need to integrate sustainable and ethical fashion practices.

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## Good on You Directory

[directory.goodonyou.eco](https://directory.goodonyou.eco)

Whether you're a motivated eco-steward or inspired to change the clothing worn, we highly recommend this online database which evaluates clothing brands based on their ethical and sustainability practices, providing you data you need to make informed investments. With the vast number of clothing brands, the Good on You directory can help you make

informed choices about the brands you select to support transparency and accountability in the fashion industry!





## Documentaries

### The True Cost (2015)

*Where To Watch: Tubi TV*

This is a must-watch documentary film that explores the devastating impacts of the fast fashion industry. This film takes viewers on a journey around the world, from the cotton fields in Texas to the factories in Bangladesh, featuring interviews with factory workers, including experts and activists in the fashion industry. It examines the destructiveness of the fast fashion industry beyond what we pay for clothes, such as labour exploitation, environmental degradation, and its impact on global poverty.

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### The Next Black (2014)

*Where To Watch: YouTube*

Discover how technology and innovation are revolutionising the fashion industry with this thought-provoking film. Through interviews with designers, entrepreneurs, and industry professionals, the film displays how clothes are designed and manufactured. This film highlights the importance of creating a more sustainable and circular fashion industry, featuring innovative designers who illustrate dedication to creating eco-friendly clothing. This visually stunning documentary provides a hopeful and inspiring message about the potential for a more sustainable and ethical fashion industry.

### China Blue (2005)

*Where To Watch: YouTube*

This eye-opening documentary offers a glimpse into the lives of young factory workers in China, focusing on Jasmine Li, a 17-year-old worker in a blue jeans factory. This film exposes the inequality between global corporations and workers in developing countries, delivers a powerful commentary on consumerism and calls for a more ethical and sustainable fashion industry.



## Podcasts

### Conscious Chatter

[consciouschatter.com](http://consciouschatter.com)

*Where To Listen: Spotify, iTunes*

An inclusive audio space, Conscious Chatter opens the door to conversations about the fast fashion industry and its impact on people and the planet.

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### Wardrobe Crisis

[thewardrobecrisis.com](http://thewardrobecrisis.com)

*Where To Listen: Spotify, Official Website*

Hosted by Clare Press, a sustainable fashion advocate and journalist, this podcast explores sustainability and ethical fashion, bringing insightful interviews from a variety of others who are shaping fashion's future.



### Good Together

*Where To Listen: Spotify, iTunes, Google Podcasts, etc.*

Good Together, hosted by Laura Alexander Wittig, is an inspiring podcast that explores sustainable living, ethical consumerism, and mindful choices, empowering listeners to make a positive impact on the planet. With insightful conversations and practical tips, it guides individuals towards a more conscious and fulfilling lifestyle.

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### Eco Chic

[lauraediez.com](http://lauraediez.com)

*Where To Listen: Spotify, Apple Podcasts, Official Website*

This thought-provoking podcast intertwines sustainable living and contemporary fashion, exploring fashion, environmental justice, food, conscious consumerism, and more. Through engaging discussions and expert interviews, it inspires listeners to embrace a stylish and environmentally conscious lifestyle.

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By utilising our time to look into these resources, we can become more mindful consumers and make better choices when purchasing fashion items.



## Blogs

### The Good Trade

[www.thegoodtrade.com](http://www.thegoodtrade.com)

This online blog offers several great resources and tools to inspire and educate millions of readers on sustainable and ethical living. They cover many topics, such as fashion, beauty, wellness, and lifestyle, focusing on mindful consumerism and environmental stewardship. Additionally, they feature a curated directory of ethical and sustainable brands to support readers with an easy way to shop.



### Sustainably Chic

[www.thegoodtrade.com](http://www.thegoodtrade.com)

Created by Natalie Kay, Sustainably Chic is an insightful fashion blog for sustainable fashion, green beauty and eco-friendly lifestyle. It features fashion reviews, brand highlights, ethical shopping guides, and sustainable lifestyle tips, encouraging readers to make more informed choices.



# For Our World

WRITTEN BY MARCUS REYES

Underneath sneering slathers of sky blue,  
Barren earth peaks past palettes of fabric,  
Fading memories of the world we knew,  
With lavish lies lamenting this tragic.

Fleeting gazes flash past in quick reprove,  
Uncaring eyes watching all turn to black,  
Inaction plaguing our every move,  
Leaving ruin as the remaining track.

Hazily lifted from this reverie,  
Breaking through the binding shackles of rope,  
Cutting through a bitter reality,  
And mustering up a small wist of hope.

A ruined future creeps on the forefront,  
An ill reality we must confront.





# About Us



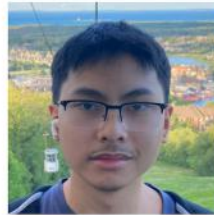
Stephanie Jean Pierre



Zara Siman



Jasmine Montrichard



Marcus Reyes



Unzela Noor



Hannia Mojica

## Our Project

Started by a group of independent high-school students, our "Mindful Consumerism" project strives to raise awareness about the detrimental effects of fast fashion and promote mindful consumerism. Beyond this magazine, we led a group discussion, facilitated a children's upcycling workshop, and assisted in arranging a clothing swap with Green Venture.

As a result, our project reached out to over 100+ participants, and clothing swap participants took approximately 640 items from the clothing swap!

## With Special Thanks To...



Learning for a  
Sustainable Future

# LSF