

# NOVEMBER SUSTAINABILITY CHALLENGE

## Being a Conscious Consumer

In week 2, we focus on things we purchase for our bodies. This topic is quite broad so we focus on clothing, chemicals, and seafood.

### CLOTHING

Besides your food choices, what you wear probably has the greatest potential to reduce your environmental impact (*not to mention the ethical and health concerns surrounding the fashion industry*). It can be hard to know where to start though especially if you're on a limited budget. Here are some tips and resources to get started:

- **Don't landfill.** One in two people are throwing away their unwanted clothes which means 64% of the 32 billion garments produced go into a landfill ([source](#)). Here is a [comprehensive list](#) of what to do instead. Some charities will even use torn or damaged clothing to make rugs, but check before you donate.
- **Buy secondhand.** Look for consignment shops in your area. Not getting out due to COVID? There are many shops online ([click here for a list](#)).
- **Avoid certain fabrics.** Polyester is made from oil, and most synthetic fibers shed microfibers into our water ([source](#)).
- **Be aware.** There are many more tips like doing a capsule wardrobe, renting, etc. [Find more tips here](#).

### CHEMICALS

Looking to purchase healthier products that use less chemicals? Here are a few tips to get started:

- **Dirty Dozen/Clean Fifteen.** The EWG releases lists each year on pesticide residues found on produce.
- **Look for certifications.** Some certifications include: [OEKO-TEX](#) and [GOTS](#) deal with textiles, [FSC](#) works to protect forests, [Fair Trade](#) ensures fair pay, and [GREENGUARD](#) helps reduce indoor air pollution and chemical exposure.
- **Be mindful of materials.** The things we use to store and cook our food have chemicals in them. [See this article](#) to get you started.

### SEAFOOD

You may have been told by your doctor to eat more fish, but not all fish are equal when it comes to their environmental impact. The [Monterey Bay Aquarium Seafood Watch](#) has recommendations to help consumers choose seafood that's farmed or fished with less of an impact. Their website is full of information on ocean issues, what consumers can do, and what businesses can do. [Check it all out here!](#)

## HSC SUSTAINABILITY

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