



Slowing Down Fashion



To help make a real change, we need to slow down how much we consume. and forget fast fashion. Here's how:

- Buy less often, wear more of your wardrobe**
- Buy pre-loved from charity shops or second-hand apps**
- Save money, swap your own clothes or rent for a special occasion**
- Research the retailer you are buying from, for example check the GoodOnYou app**
- Mend before you throw away**
- Buy Certified “Eco-label” products where possible**
- If you can, buy clothes with warranty and repair services**
- Can you recycle or upcycle your clothes?**
- Try wearing your clothes one more time before washing**

