



## **Ours to Protect on Sunshine 106.8 – November 27<sup>th</sup> 2023**

On this week's show we talked to Caoimhe Ni Chatail, presenter of Eadai SOS on TG4 who is on a mission to get us to think differently about our wardrobes!

### **How can we reduce our Fashion Environmental Impact?**

#### **1. Buy Less**

Even the greenest garment uses resources for production and transport to your home, creating some environmental impact.

#### **2. Buy CLOTHES FROM sustainable BRANDS**

More and more fashion brands take into account the environmental and social impact of their production.

#### **3. Buy better quality**

Because clothes have become so cheap, we no longer care as much about quality. We just buy new garments when the ones we have lose their shape or appeal.

#### **4. Think twice before throwing out your clothes**

Don't throw your clothes in the normal bins! Most of them consist of synthetic, non-biodegradable fiber and will just pile up in the landfill.

#### **5. Buy second hand, swap, & rent clothing**

Instead of buying new clothing, have a look at alternative options

#### **6. Keep an eye on your washing**

Washing our clothes has a significant environmental impact. The average household in Europe does almost 200 loads of laundry every year, consuming about 15,000 liters of water.

Remember, **Ours to Protect** is broadcast every Monday evening at 7pm on **Sunshine 106.8**.

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