



Sustainable Swaps

Laundry

There are *loads* of ways to make your laundry routine healthier and better for the earth. Let's dive in!



A sustainable laundry routine will help you in several ways:

- Reduced exposure to chemicals and carcinogens
- Longer clothing life as washing & drying at high temperatures degrades fabrics
- Protect the planet as you reduce energy consumption and water pollution

Washing

- **Wash less often**, the simplest solution
- **Use cold water** 1) Heating water uses ~75% of washer energy 2) Most detergents now are very effective with cold water 3) Cold water can make your clothes last longer as heat breaks down dyes and can cause shrinkage.
- **Avoid harmful chemicals** often found in detergents and laundry softeners such as phosphates, dyes, and optical/UV brighteners. Find more information on the internet by doing a search for "zero waste laundry alternatives".
- **Ditch plastic jugs.** There are so many affordable & healthier alternatives. Search the internet to find sustainable laundry detergent sheets, pods (non-plastic), powders...even soap nuts!
- **Wash fuller loads** for load efficiency

Drying

- **Wool dryer balls!** This amazing invention is cheap, lasts 100's of loads, contains no chemicals (unlike laundry sheets), reduces drying times, and naturally softens your clothes (say goodbye to fabric softener). For normal loads, we recommend 6 or more for best results.
- **Air-drying** clothes helps extend their life & saves a huge amount of energy



We'd love your feedback on these swaps, your sustainable swap ideas, and more on what you want to hear about for future editions. Email us at EAC@Thornbury.org.