Reduce: Don’t buy what you don’t need. If you want to buy something new, choose items that are ethically sourced or secondhand.

Reuse: Take a sewing or design class so that you can repair and revamp the items you already own.

Recycle: Host a clothing swap to trade items that may be old to a friend, but new to you!

Research: Ask yourself, your brands and your policymakers #WhoMadeMyClothes.

**The Price of Clothes**

**Every Year, the Clothing Industry Generates:**

<table>
<thead>
<tr>
<th>World</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2.5 trillion in profits</td>
<td>$250 billion in sales</td>
</tr>
<tr>
<td>100 billion garments</td>
<td>25 billion pounds of textiles</td>
</tr>
</tbody>
</table>

The U.S. throws away about **20 billion** pounds of textiles every year.

**But Who Really Pays the Price for Our Clothing?**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>17-20% of industrial water pollution comes from textile dyeing and treatment.</td>
<td>One study in India showed 60% of workers in spinning mills were less than 18 years old.</td>
</tr>
</tbody>
</table>

It takes approximately **2,700 liters of water** to produce one cotton shirt. That’s enough water for one person for 3 years.

**250 million children** are impacted by clothing and textile supply chains.

**Take Action**

**Reduce**

Don’t buy what you don’t need. If you want to buy something new, choose items that are ethically sourced or secondhand.

**Reuse**

Take a sewing or design class so that you can repair and revamp the items you already own.

**Recycle**

Host a clothing swap to trade items that may be old to a friend, but new to you!

**Research**

Ask yourself, your brands and your policymakers #WhoMadeMyClothes.


**Terms to Know**

Fast fashion is the rapid, mass-production of clothing in response to latest trends.

Child labor is work that deprives children of their childhood, their potential and their dignity, and which is harmful to physical and mental development. It often interferes with a child’s schooling and may subject them to harm.

Environmental degradation depletes and destroys the Earth’s natural resources. This undermines the rights of every child, especially the most disadvantaged.


2,700 liters of water

It takes approximately **2,700 liters of water** to produce one cotton shirt. That’s enough water for one person for 3 years.