

ZERO WASTE

Each year an estimated 50 billion garments are washed in machines around the globe. And from these clothes microfibers are released, but it is the microplastic fibres (pieces of synthetic material measuring 0.5mm or smaller) from manmade fibres that concern us as they enter and remain in the oceans. Filters on washing machines can reduce this, but aren't readily available on domestic washing machines at present. Here are some ideas to reduce the pollution and waste:

- ✚ Use a Guppyfriend washing bag that costs about £25 to reduce the microplastic fibres entering the sewage system – available from The National Trust, the Plastic Free Shop and other outlets
- ✚ Wash your clothes less! Think about airing and brushing clothes or spot washing
- ✚ Choose your machine programme with care. Will a 'daily quick' setting be sufficient?
- ✚ Reduce the washing machine temperature setting to 30C where at all possible
- ✚ Choose environmentally friendly washing powders/liquids
- ✚ Cut down on plastic bottles for washing liquid by refilling your own washing and conditioner bottles at Christine's Sustainable Supermarket in BoA and a growing number of other outlets
- ✚ Buy an eco-friendly laundry ball or egg which replace detergents and fabric conditioners without harmful chemicals or the need for more plastic bottles
- ✚ Fill the machine to the recommended level with garments, which reduces the number of loads needed, water used and wear on clothes
- ✚ Also turn clothes inside out to reduce wear
- ✚ Dry your washing using renewable energy outside if you have it: the sun and wind on a washing line/airer! Tumble driers use large amounts of electricity
- ✚ Try not to buy clothes that need to be dry cleaned, which is expensive and uses chemicals
- ✚ Only iron clothes if necessary – thus reducing the use of electricity
- ✚ Use renewable energy from a supplier such as Ecotricity or Good Energy

