

Micro-plastics from our laundry are polluting our seas.

Over 70% of the micro-plastics in our oceans are man-made fibres from our clothes and laundry. They are harming sea creatures - and even getting into our food and water.

We definitely need to do something about it!



Here are 7 Top Laundry Tips to help us all:

1. Save time, money and electricity - do less washing! Most clothes can be worn several times without smelling or looking dirty. Air your clothes between wearings; natural fibres like wool and cotton don't hold odours or sweaty smells, unlike polyester and acrylics.

2. Use eco-detergents and eco-fabric conditioners. They are less harmful to YOU and to our planet – they contain no phosphates to damage water creatures. If possible, use powders packaged in cardboard boxes, or liquid concentrated detergents in refillable, recyclable or plant-plastic containers.

3. Check that you are using the correct amount of detergent in your wash. Many liquid brands are sold in concentrated form which needs far less than we have been using.

4. Look at the labels when you buy clothes and fabrics:

Cotton, linen, wool, bamboo, Tencel, viscose and rayon all biodegrade quickly and completely – **so they are GOOD.** Especially good are organic fabrics and natural dyes.

Acrylic, polyester, nylon (polyamide), dacron, spandex, lycra, and elastane are all made from oil; they take THOUSANDS of years to biodegrade – **so they are BAD!**

5. Dry your laundry outside whenever possible. Lots of fibres come off in a tumble drier and one drier can emit 1 tonne of CO2 each year! If you have to use a drier, clean the filter frequently to increase its efficiency and to reduce the fibres getting into our natural world. Put the waste fibres in your landfill bin.

6. Hand wash or use an eco-programme with cold or tepid water. Your clothes will lose less fibres, look newer and last longer on 'gentle' washes.

7. Buy a Guppyfriend Washing Bag or a Coraball. Both collect fibres in your washing machine that would otherwise go down the drain, into rivers and then to the sea...

8. If you replace your washing machine, choose an A+++ energy rating. You will help the Planet and save yourself money in the long run.



