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Title: *“Use And Remove”*

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Our personalities and styles are constantly changing, for we love something one second and hate it the next. We constantly use and remove. Use and remove. Perhaps a pair of jeans that was in style months ago, but isn't quite as trendy anymore. We use it for a few months, and then remove it from our wardrobe. It's just a pair of jeans, what harm could it do? Just a single pair of jeans adds up to the 16 million tons of wasted clothing in America each year. 16 million tons - or the weight of about 16 million small cars - an endless traffic jam. A traffic jam - a place in which you are stuck and cannot find a way out for many miles. A traffic jam - sounds an awful lot like our world's situation if we do not immediately stop our habit to use and remove. We will be stuck in a wasteland that was once our home, except there will not be a way out. Therefore, we must restrain from quickly using and removing items to take steps towards sustainable consumption and production.

First, we all can take a simple step to help lessen the negative impact of the fast fashion industry. This step is to donate any clothes that may not fit well or aren't in style anymore. The average American disposes of clothing that is about the weight of an 11 year old child, each year. This is unacceptable considering so many people don't have access to any clothing at all, but privileged people easily dispose of such large amounts of clothing. Instead of wasting gently worn clothes, they should be shared with others. Clothing can be donated to any people in need that you personally know, or to larger organizations. For instance, religious places often have designated areas to donate clothing to the less fortunate. Every six months, I gather any clothes that I have outgrown and donate them to an organization that supports the needs of veterans. It may seem like this has a very small impact, but it contributes to getting rid of the "use and remove" habit, which leads to a cleaner earth.

Although refraining from wasting clothing contributes to a positive outcome, more steps toward sustainable consumption can be taken. For instance, shopping from sustainable sources not only has a positive effect on the environment, but it also benefits the people who create our clothing. Large corporations profit off of the "use and remove" at the expense of their workers. An example of this is shown in a 2019 report from Oxfam that illustrated how only 1% of the 470 garment workers interviewed had adequate living conditions and wages. Buying cheap and unsustainable clothing is only possible because of cheap and unfair labor practices. Therefore, finding companies that produce clothing sustainably is a crucial part of both sustainable consumption and production.

Third, large corporations must be forced to take actions to reverse their damage. Clothing production requires fossil fuels, raw materials and it emits carbon emissions. Therefore, corporations should resort to recycled materials and find ways to use cleaner energy for production. Major fashion companies are starting to find ways to make their production more sustainable and are setting goals to save the environment. Although these are steps in the right direction, major changes cannot be made unless it is mandated by governments. Large corporations contribute the most to our unsustainable environment, so they must be forced to make changes. Corporations should not be allowed to prosper with wealth at the expense of our world. They must be restricted from "using and removing" the earth and the future of humanity.

In conclusion, fast fashion is a large obstacle obstructing the path to a more sustainable future. However, focusing on making sure that clothing does not go to waste and helps those who

are underprivileged is a great contribution to sustainable consumption. Additionally, only buying from sources that are sustainable is an important element in both sustainable consumption and production. Lastly, limits on corporations' methods of production and selling are major parts of sustainable production. Altogether, sustainable production and consumption can only be reached if individuals and large corporations abandon their "use and remove" beliefs.

### Works Cited

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