

Fashion Is Spinach: Kristin Roach's Guide to Sustainable Style

In her book *Fashion Is Spinach*, Kristin Roach argues that fashion can be both stylish and sustainable. Roach, a former fashion editor and sustainability consultant, offers a comprehensive guide to ethical and environmentally conscious fashion.



Fashion is Spinach by Kristin M. Roach

★★★★☆ 4.2 out of 5

Language : English
File size : 381907 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 358 pages



The Principles of Sustainable Fashion

Roach identifies five key principles of sustainable fashion:

1. **Buy less, choose well, make it last.** This means investing in high-quality, durable pieces that you will love and wear for years to come. It also means avoiding impulse purchases and trendy items that will quickly go out of style.
2. **Support sustainable brands.** Look for brands that are committed to using sustainable materials and ethical production practices. There are many great resources available online to help you find sustainable

brands, such as the Good On You app and the Sustainable Apparel Coalition.

3. **Care for your clothes.** Taking proper care of your clothes will help them last longer. This means following the care instructions on the label, washing your clothes less often, and repairing or altering clothes when needed.
4. **Donate or recycle unwanted clothes.** When you're done with an item of clothing, don't just throw it away. Donate it to a local charity or recycle it through a program like Close the Loop.
5. **Educate yourself about sustainable fashion.** The more you know about sustainable fashion, the better equipped you'll be to make ethical and environmentally conscious choices.

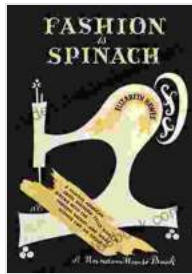
Practical Tips for Incorporating Sustainability into Your Wardrobe

Roach offers a number of practical tips for incorporating sustainability into your wardrobe, including:

- **Start by taking stock of your current wardrobe.** Identify the pieces that you love and wear regularly. These are the pieces that you should focus on keeping and caring for.
- **Make a list of the items you need to add to your wardrobe.** When you're shopping for new clothes, focus on buying pieces that are made from sustainable materials and that are well-made.
- **Shop local and secondhand.** Buying clothes from local businesses and secondhand stores is a great way to reduce your environmental impact.

- **Repair and alter your clothes.** When your clothes get damaged, don't just throw them away. Repair them or alter them to give them a new life.
- **Care for your clothes properly.** Following the care instructions on the label and washing your clothes less often will help them last longer.

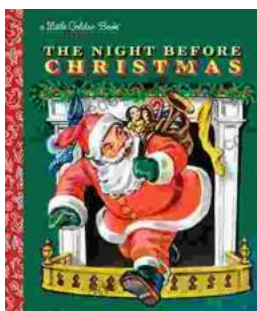
Fashion Is Spinach is an essential guide to sustainable style. Roach provides a wealth of information and practical tips that will help you make ethical and environmentally conscious choices about your wardrobe.



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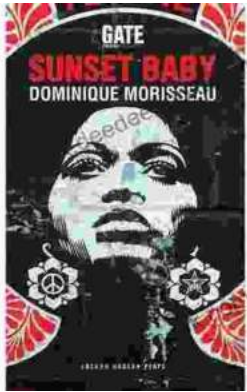
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