

PLASTIC FREE LENT: WEEK 6



FABRICS AND CLOTHING

Sunday



April 6, 2025

Restock and Renew Day

Keep it up! Life gets hectic, so making simple switches that fit in with your lifestyle will be the most sustainable long term.

Restock your Zero Waste To-Go Kit and grab your reusable bags for the week ahead.

[#YoureDoingGreat](#)

Monday



April 7, 2025

Wear Natural Materials

Polyester, nylon, acrylic, and other synthetic fibers — all of which are forms of plastic — are now about 60 percent of the material that makes up our clothes worldwide, and plastic microfibers are everywhere. Choose natural fibers whenever possible!

[Learn More](#)

Tuesday



April 8, 2025

Wool Dryer Balls

Use dryer balls over dryer sheets and fabric softener! Dryer sheets are made from non-woven polyester (a byproduct of the petroleum industry) and are a hidden source of plastic. Wool dryer balls can reduce drying time, ease static, fluff and freshen clothings, and are made from all natural materials.

[#noplasticsforlent](#)

Wednesday



April 9, 2025

Plastic Free Laundry

Our favorite new product of the year, laundry sheets!

Ditch the huge plastic bottles that may or may not get recycled for laundry detergent sheets.

[Product Reviews](#)

Thursday



April 10, 2025

Avoid Glitter

Avoid buying clothing with glitter or sequins!

Both glitter and sequins are made of etched aluminium bound to polyethylene terephthalate (PET) and are forms of microplastics. When we wash these items, microplastics end up in our waterways.

[#dontwearyourplastic](#)

Friday



April 11, 2025

Get Inspired!

Meet Lauren Singer, author of the Zero Waste blog, Trash is for Tossers and founder of The Simply Co.

Through her blog, she has empowered millions of readers to produce less waste by shopping package-free, making their own products and refusing plastic and single-use items.

[Watch video here](#)

Saturday



April 12, 2025

Spring clean!

This weekend, avoid cleaning with products filled with petroleum.

Check out the link below for easy recipes for homemade cleaners that work wonders!

[How to Guide](#)