

Slow style

Katie Roberts looks at the real cost of fast, cheap clothing – and showcases ethical alternatives that champion quality over quantity, and longevity over a quick fashion fix.



Eva Cassis

Garments and jewellery with timeless style, made with ethically sourced GOTS-certified cotton and linen and upcycled materials, like timber offcuts and recycled Coke bottles. www.evacassis.com.au

MAKING lots of disposable clothing in a hurry isn't good for people or the planet. These resources will get you thinking about your clothes, and give you tools to slow your fashion fixes down.



The True Cost

This documentary tells the story of where clothes come from – who makes them, and the impact on the environment of shoddy manufacturing practices. www.truecostmovie.com



* Two minutes with ...

Melinda Tually, the Australian and New Zealand Fashion Revolution Coordinator:

- **Resist the impulse buy** Shop with intent, not just to pass the time.
- **Coordinate** The more your wardrobe fits together, the more wear you'll get out of it.
- **Mend it** Learn to sew, or find a local tailor – it's the easiest way to extend your clothes' life.
- **Rent it** Hiring an outfit makes more sense than buying and wearing it only once.
- **Durability** Invest in classic items that are made to last.
- **Read the care label** The quickest way to ruin a garment is not caring for it properly.

Slow Fashion

Aesthetics Meet Ethics, by Safia Minney is a book from a leader in the sustainable fashion movement, with projects to inspire you. www.safia-minney.com

Slow Clothing

Finding Meaning in What We Wear is a slow fashion companion book that's the brainchild of **TextileBeat.com** founder Jane Milburn.

River Blue

Following international river conservationist Mark Angelo, this visually stunning and poignant film examines the destruction of waterways by harsh chemicals used by the textile industry. You'll never look at a pair of blue jeans the same way again! www.riverbluethemovie.eco



War on Waste

This ABC initiative has created a national movement to reduce waste. Host Craig Reucassel uncovered a shocking statistic – that Aussies toss 6,000 kilos of fashion and textile waste (as pictured) every 10 minutes! www.abc.net.au/ourfocus/waronthewaste



Sinerji

This Sunshine Coast-based label uses organic natural fibres, non-toxic dyes, and Fairtrade partnerships. Check out the TED talk "One Thread at a Time" by founders Louise Visser and Alice Jones. www.sinerji.com.au

Katie Roberts is an environmental scientist focused on sustainability education in the fashion industry. www.sustainabilityinstyle.com