



Climate Title: Thrifty Thinking

Description: Donate and Shop at Thrift Stores

Goal: Sort through your belongings and donate items not in use. While these items may no longer make us happy, they could make someone else happy. Thrift stores provide great alternatives for shopping.

Tip: Keep track of clothes worn throughout the year. Place items in a different pile, or turn hangers in an opposite direction to show they have been worn.

To help keep track of clothes that you wear throughout the year, mark them in some way to indicate that you've worn them. For things that you put on hangers, you can turn the hanger so the hook faces the other way. For things folded in your dresser, you can place the items so they face another way than the way they normally go.

Why? Donating items to thrift stores reduces waste going into the garbage.

Donating also allows clothing to remain in circulation and available for other people to use.

References:

Zahid, N. M., Khan, J., & Tao, M. (2022). Exploring mindful consumption, ego involvement, and social norms influencing second-hand clothing purchase. *Current Psychology : A Journal for Diverse Perspectives on Diverse Psychological Issues*, 42(16), 13960–13974.
<https://doi.org/10.1007/s12144-021-02657-9>