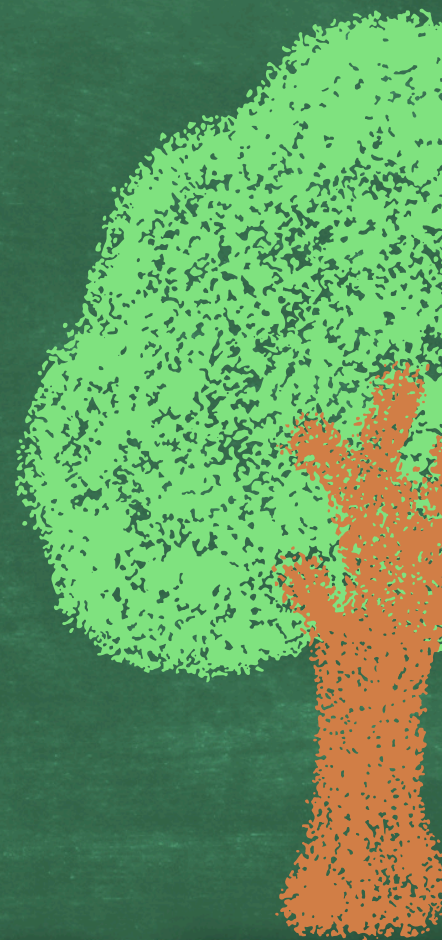
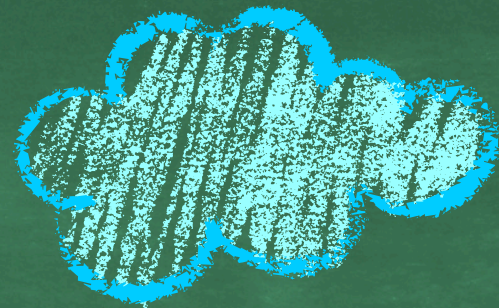




MCA Environment Program presents:

Sustainable Tips for back to school





1. School Clothes

Before purchasing new clothes:

- Check your local thrift stores or online marketplace
- Donate old clothes or pass them on to siblings, friends & cousins
- Consider doing a clothing swap with other parents
- Try to avoid short-term trends and opt for items that will last for years

Fact: It takes roughly 7,500 litres of water to make one pair of jeans.





2. Packing Lunch

Swap single-use sandwich bags, plastic cutlery and plastic water bottles for durable & reusable containers and utensils. Reusable options are widely available and can be more cost-effective in the long run, as there is no need to repurchase again and again.

Fact: A plastic water bottle can take around 450 years to break down in a landfill²





3. Wait for the Supply List

Most schools send home a supply list before the first day to let you know exactly what your child needs to succeed. Wait for the list to avoid purchasing unnecessary supplies.

Check your local thrift store before purchasing items such as binders, dividers, and notebooks, as they usually have many that are still like new!





4. Use What You Already Own

Using what you already have at home is the most sustainable choice you can make. That notebook from last year that's only half full is still good. The water bottle in your cabinet still works great, even if it's not the latest color drop.

Teach your kids the importance of taking care of their belongings to ensure they last as long as possible.





S. Label Your Items

For your littles heading to school for the first time, it can be useful to write their name on the tag of their jackets, bookbags, lunch boxes, and any spare clothes. This can help ensure items can be returned if they ever end up in the lost-and-found.





6. Shop Local or Second-Hand

Local Shops & Second-Hand Stores:

- Butter-Bee Clothing Hut - Akwesasne
- Mother Earth Eco-Friendly Finds & Refill - Akwesasne
- Value Village - Cornwall
- Habitat for Humanity - Cornwall
- Echo Trends - Cornwall
- Serendipity Boutique - Cornwall
- Thirftique - Potsdam
- Platos Closet - Ottawa

Second-Hand Online Options:

- Facebook Marketplace
- eBay
- Depop

****Online options are great when you are looking for something specific.**

Are there any other local shops that are missing from this list?

Comment them below to help spread the word!



Wishing Everyone a Safe
and Sustainable

back to
school

Sources:

1. <https://news.un.org/en/story/2019/03/1035161>
2. <https://iere.org>