

Why thrifting is the best way to shop

By Lily Wenzel

It has been a trend to go thrifting for a while, it is even the reason the character *Sophia Amoruso* got rich in the Netflix series “Girlboss”.

If you haven’t tried thrifting yourself this article will persuade you to become a thrifter. Not only is it a great way to find vintage items to boost your wardrobe, but it is also much better for your bank account and the environment. Plus, thrift stores like Vinnies and Salvos support and donate profits to charity.

Just the other day, I was thrifting at a flea market and got three super trendy vintage handbags for just 10 bucks! Thrifting can save you so much money. As the items usually do not cost too much you gain the freedom to try completely new styles. This will allow you to express yourself better and find the style you love.

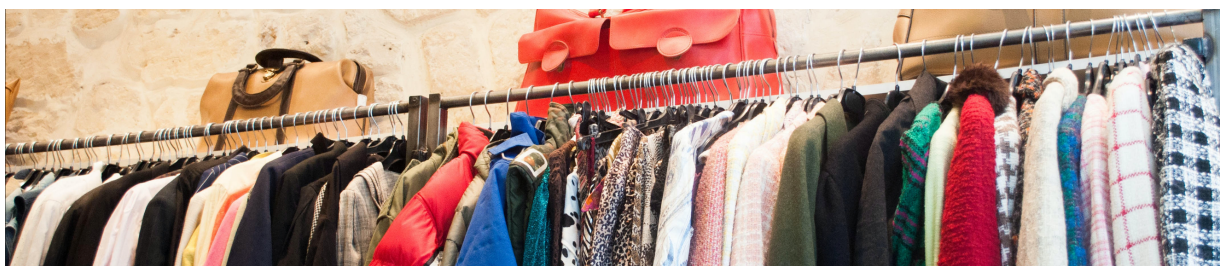
Another reason to go thrifting at charity stores such as Vinnies, Salvos, and the red cross, is that they help and donate to the less fortunate.



“The St Vincent de Paul Society is committed to actively and passionately speaking out against the causes of poverty and inequality on behalf of the people we serve.”¹

There are so many reasons why thrifting is better for the environment and they go along the lines of ‘reduce, reuse, recycle’. First of all, instead of clothes going to landfill, they are recycled and given a new life by the new owner. Additionally, by thrifting, you as the shopper reduce the amount of clothing that is in circulation. And, therefore, contributing to reducing chemical pollution (pesticides, bleach, crude-oil by-products, etc.) and preserving water. Sam Ellis² states that “To yield a kilogram (2.2 lbs) of usable cotton it takes around 20,000 litres or 5283 gallons of water. This amount of cotton is only enough for a t-shirt and pair of jeans!”

If you're still not a fan of thrifting 2nd hand clothes you can still do good by donating clothes you don't wear or want anymore to Vinnies, Salvos, etc.



For more ways to help the environment follow @gogreengofuture on Instagram or visit <https://gogreengofuture.wixsite.com/environmentalblog>

1 https://www.vinnies.org.au/page/Our_Impact/

2 <https://farmandanimals.com/how-much-water-does-it-take-to-grow-cotton/>