

St. Catherine University

SOPHIA

Apparel, Merchising, and Deisgn Faculty
Scholarship

School of Business

2019

Slow Fashion, Collaborative Consumption, Mindfulness

Anupama Pasricha

St. Catherine University, apasricha@stkate.edu

Follow this and additional works at: https://sophia.stkate.edu/apparel_fac

Recommended Citation

Pasricha, Anupama, "Slow Fashion, Collaborative Consumption, Mindfulness" (2019). *Apparel, Merchising, and Deisgn Faculty Scholarship*. 20.

https://sophia.stkate.edu/apparel_fac/20

This Presentation is brought to you for free and open access by the School of Business at SOPHIA. It has been accepted for inclusion in Apparel, Merchising, and Deisgn Faculty Scholarship by an authorized administrator of SOPHIA. For more information, please contact amshaw@stkate.edu.

**SLOW FASHION, COLLABORATIVE CONSUMPTION, AND
MINDFULNESS**

♥ **SHOPPING ETHICALLY** ♥

I WANT TO BUY SOMETHING.



DO I REALLY NEED IT?

YES

NO

DOES IT NEED TO BE NEW?

NO

YES



Vote with your \$

CAN I BUY IT ETHICALLY?

YES

NO

Fair
Trade

Sustainable
materials

Ethical
labels

BUY IT
TO LAST

Care &
Repair

© THENOTEPASSER.COM

Source of the Graphic: <https://www.sustainably-chic.com/blog/10-affordable-sustainable-clothing-brands>



SLOW FASHION RESOURCES

MINDFUL SHOPPING

- Beauty by Design, <https://www.beautybydesignmn.com/> Natural materials with handmade work, wedding gowns
- EcoPetites <https://www.ecopetites.com/> Sustainable sportswear for petite body type
- **Eileen Fisher**, <https://www.eileenfisher.com/> Social consciousness and sustainability
- Everlane, online shopping <https://www.everlane.com/> Transparency, apparel
- Fair Anita, <https://fairanita.com/> Fair trade, women empowered Jewelry and accessories
- Hackwith <https://hackwithdesignhouse.com/> Unique, local and statement pieces
- Haiti Mama, <https://www.haitimama.org/jewelry> Jewelry
- Hazel & Rose, <https://www.shophazelandrose.com/> Curated brands that provide quality, sustainability and transparency
- Indigo & Snow, <http://www.threeriversfibershed.com/producerdirectory> sustainable accessories
- Indigenous, <https://indigenous.com/> Organic, fair trade, Certified B Corp.
- JenMar, <https://jenmarcreations.com/about-us/> Unique wedding gowns and alterations
- Key North Boutique, <https://keynorthboutique.com/> Organic, sustainable, fair trade
- Lissa The Shop, <https://www.lissatheshop.com/> mindful shopping with curated options
- Niche <https://www.nichemn.com> Curated everyday clothing made in MN or USA
- Patagonia, <https://www.patagonia.com/home/> transparent, responsible, Outdoor clothing and gear
- Sota Clothing Co. <https://www.sotaclotthing.com/pages/our-story> Local, MN roots and inspiration, t-shirts etc
- Soul Flower, <https://www.soul-flower.com/organic/yoga/> Organic yoga wear
- **Spoils of Wear**, <https://spoilsofwear.com/> focus on local production, organic textiles, and fair trade practices, among other socially and environmentally sustainable qualities.
- Stella McCartney, <https://www.stellamccartney.com> Sustainability is a core value, designer apparel
- **SubtleSilk**, <https://subtlesilk.com/> Luxury lingerie and men's accessories, ethical, local, and committed to planet
- Ten Thousand Villages, <https://www.tenthousandvillages.com/> fair trade, artisan made
- **True Cost guide**, <https://truecostmovie.com/learn-more/buying-better/>
- Watson & Wilma, <https://www.watsonandwilma.com/pages/ourmission> Ethical line of intimates
- Winsome Goods, <http://www.winsomegoods.com/about> Unique, local, sustainable

COLLABORATIVE CONSUMPTION RESOURCES

Secondhand and Vintage/Designer

- Ark Value Village <https://www.arcsvaluevillage.org/>
- Arlee Park <https://arleepark.com/collections/threads>
- **Elite Repeat** <https://www.eliterepeatstp.com/>
- Lula Vintage <http://www.lulavintagemn.com/>
- Moth Oddities <https://www.mothoddities.com/about>
- Noihsaf Bazaar www.noihsafbazaar.com Through instagram
- NuLook Consignment <https://www.nulookconsignment.com/>
- **Nancy Dilts Stylist:** <https://nancydilts.com/>
- RealReal <https://www.therealreal.com/> online
- The Real Housewives Closet <https://therealhousewivescloset.com/> online
- Thread Up <https://www.thredup.com/> Online

Rentals

- Gwynnie Bee <https://closet.gwynniebee.com/>
- Glam Corner <https://www.glamcorner.com.au/>
- Letote <https://www.letote.com/>
- Parcel 22 <https://www.parcel22.com/>
- **Rent The Runway** <https://www.renttherunway.com/>
- Style Lend <https://www.stylelend.com>
- The Ms Collection <https://www.themscollection.com/>
- The Mr Collection <https://www.themrcollection.com/>
- Threadread <http://www.threadread.com/>
- Vince Unfold <https://www.vinceunfold.com/>

Ready-to-wear rentals

- American Eagle, Ann Taylor, Express, New York & Co., Rebecca Taylor

MINDFUL CARE

- Know your fibers and choose thoughtfully
- Wash inside out; hand wash; cold wash; dew clean; line dry; bathe/wash; frontload m/c
- Catch microfibers, use Guppyfriend <https://guppyfriend.com/en/>
- Catch microfibers use <https://coraball.com/>
- Laundry Camp by Patric Richardson at Mona Williams <https://monawilliams.com/>
- Green dry-cleaning <https://www.mulberryscleaners.com/green-dry-cleaners/>



MINDFUL REPAIR

- **Learn and teach to sew and repair your clothes for simple repairs**
- Mobile Menders <https://mobilemenders.weebly.com/>
- Repair Lair, 3304 E Lake St, Minneapolis, MN 55406
- Science and Kindness scienceandkindness@gmail.com Denim repair
- Visible mending LLC, Lauren Callis Erickson, Upcycled and recycled goods.
www.anupcycledcloset.com

MINDFUL DISPOSAL

- Bra Recycling https://www.brarecycling.com/drop-off-locations?radius=-1&filter_catid=15&limit=0 SOMA stores are drop-off locations
- Local county curbside collection and drop-off services
- Rethink Recycling <https://www.rethinkrecycling.com/residents/materials-name/clothing>
- Terracycle boxes https://www.terracycle.com/en-US/zero_waste_boxes/fabrics-and-clothing
- USAgain collection boxes <https://www.usagain.com/>
- WearEver Recycling <https://www.weareverrecycling.com/locations>

MINDFUL MEDIA

- Alison Morse, <https://alisonmorse.net/project/the-price-of-our-clothes/> story through poetry
- DONEGOOD google chrome extension, it is a plug in that will suggest mission-driven brands to match your values. <https://donegood.co/>
- Don It Green <https://doitgreen.org/downloads/swapping-made-easy-english/>
- Ecowarrior Princess <https://ecowarriorprincess.net/>
- **Fashion Revolution** <https://www.fashionrevolution.org/>
- Sustainably Chic <https://www.sustainably-chic.com/>

MINDFUL MOVIES

- A Plastic Ocean, <https://plasticoceans.org/about-film/> Amazon, Netflix, iTunes
- RiverBlue <http://riverbluethemovie.eco/> iTunes
- Surviving Progress <http://survivingprogress.com/> youtube
- **The True Cost** <https://truecostmovie.com/> Netflix

MINDFUL BOOKS

- **Overdressed** by Elizabeth Cline https://smile.amazon.com/Overdressed-Shockingly-High-Cheap-Fashion/dp/1591846544/ref=smi_www_rco2_go_smi_g3905707922?encoding=UTF8&%2AVersion%2A=1&%2Aentries%2A=0&ie=UTF8
- Slow Fashion by Safia Minney <https://www.amazon.com/Slow-Fashion-Aesthetics-Meets-Ethics/dp/1780262833>