

Week 3: Let's Air Out the Dirty Laundry Regarding Laundry



No one likes doing laundry, but did you know washing and drying clothes is one of the most energy-intensive activities in the house? Additionally, every load uses a large amount of water and often releases chemicals and microplastics into the environment. So, how can we improve our laundry habits?

THE AVERAGE LOAD OF LAUNDRY

- ✓ Uses 25-50 gallons of water.
- ✓ Uses 400-800 watts of electricity.
- ✓ Releases chemicals from liquid detergent and dryer sheets, which can affect ecosystems and contaminate water.





How can I earn positive points this week?

- Wash your clothes in cold or warm water (not hot). Heating water accounts for about 90% of the total energy used in a washing machine!
- Wash and dry full loads of laundry only
- Air dry your clothes — this can also prevent clothing from fading and damage
- Periodically clean the lint screen of your dryer so it dries clothes more efficiently (and to prevent fire hazards!)
- Invest in high-efficiency machines, which can save up to 50% of water and energy used. Good news: Today's washers use 70% less energy than those from 1973
- R-wear clothes multiple times before washing

Thank you again for joining the Energy Conservation Challenge — you are more than halfway done! Keep up the great work.

Contact iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your [Week 3 Form](#) by Sunday night, 4/23.