

GO GREEN or GO HOME

Brands

The brands listed have been tested by our very own Vice President, Monia Nazemi. They are all completely ethical, sustainable, and continuously working on making products that are earth friendly. Links for everything are provided so do check them out when you can!

[Everlane](#)

For those of you who turn basics into boldness, Everlane should be right up your alley. They have transparent pricing, and tell you exactly how much it costs to make their clothes, as well as the markup for them to profit. Their products are easy to dress up or dress down, and they sell both men and women's apparel along with shoes and accessories.

[ThredUp](#)

thredUP is a dream: if you're looking to purge your closet of old clothes and grab some new styles at a fraction of the cost, here is your new go-to. They act as an online thrift store so for those who can't be bothered to shop at a thrift store irl, this website is the one for you. They sell everything from dresses to outerwear to handbags at a nearly 90% markdown.

[Girlfriend Collective](#)

I think I am obsessed with this brand. They make their clothing from recycled ocean plastic, and whether its water bottles or fishing nets, their products are sublime. They currently only make women's athleisure but are branching out and have recently made t-shirts. Amazing quality, beautiful colors, eco-friendly – I mean what's not to like?

[The Real Real](#)

The Real Real is an online consignment store. Their products are secondhand designer items that are all authenticated and sold at more than 50% off. You can find items that are brand new and still with tags,

while also finding vintage or discontinued lines from your favorite designers.

[Reformation](#)

Not the most affordable brand, I know, but their dresses are those beautiful vacation pieces your favorite bloggers wear. They do have the occasional huge sales though, so keep an eye out and you might be able to snag some “instagrammable” clothes at 70% off!

[Patagonia](#)

If you plan on spending on a jacket, buy a Patagonia one. They last ages, and they are so committed to helping our earth out. I will also freely admit that I do like that this has become a frat boy staple.

[Flip + Tumble](#)

This brand makes the cutest bags ever. From produce bags to backpacks, Flip + Tumble make durable, chic bags you won't be ashamed to take out at your local grocery store. Be gone “paper or plastic?”.

[Alternative Apparel](#)

High quality clothes at a fair price. Don't expect anything crazy unique, but their basic pieces are PHENOMENAL. I literally own three of their washed terry crew neck pullovers.

[The Body Shop](#)

Skincare, hair care, body, and fragrance all with proceeds going to a good cause. The body shop does not test on animals, uses recycled plastic for their packaging, and treats their employees fairly by working with community trade partners. The brand is extremely transparent about where they source their materials from and all of their products are extremely well priced and great quality.

[The Ordinary](#)

If you're looking for cheap, high quality skin care, without all the fuss of 75 ingredients in a moisturizer – look no further. All of The Ordinary products are free of: parabens, sulphates, mineral oil,

methylchloroisothiazolinone, methylisothiazolinone, animal oils, coal tar dyes, formaldehyde, mercury, oxybenzone. Honestly, if you can't read the ingredient out loud, it probs shouldn't be on your face. Also, I use their rosehip seed oil religiously.

[Adidas](#)

Adidas is the most sustainable established brand I know. The fact that they already have a base of supporters and decided to make efforts to go 100% sustainable is remarkable. Over the past 20 years they have used less water, consumed less energy, and have helped keep trash out of the ocean, and the brand says this is only the start. Please support them, they literally made shoes from recycled ocean plastic (AKA the Parley Collection line).

[Reebok](#)

Adidas owns reebok, AKA they kinda have to sustainable now. It's also worth mentioning that Jay-Z's first line of sneakers were Reeboks modeled to look like Gucci tennis 84's. If it's good enough for him, it's good enough for you.

[Etsy](#)

While not everything on etsy is sustainable, you can find great vintage pieces if you treat the site as an online thrift store. Additionally, artists do place their original works on the site, and supporting the arts is always ethical.

[Ebay](#)

Do I even have to explain this one?

Houston Thrift Stores

Goodwill's are located all over the nation and are the most obvious option to go thrifting in, but these local Houston thrift stores are more curated and you are almost guaranteed a good find. In comparison to the websites and brands listed above, thrifting is generally the more affordable option and you are more likely to find pieces that are

uniquely you. You can also resell some of your own clothes at several of these locations!

Pavement Houston: 1657 Westheimer Rd, Houston, TX 77006

- If I could live at Pavement, I would. The store is big, has a variety of options including both modern and vintage finds, as well as accessories including shoes and sunglasses. Considering its location next to all the other high priced thrift spots in Montrose, this place really is a gem. This store also buys or trades any clothes you bring in. Lastly, they offer you a 10% discount if you follow their Instagram!

Leopard Lounge: 1657 Westheimer Rd, Houston, TX 77006

- This store is SUPER small and is attached to Pavement. It is a kitschy clothing shop with tons of '80s & '90s styles but also has random vintage T-shirts and some cool accessories. This store also offers you a 10% discount if you follow their Instagram!

Lo Fi: 1629 Westheimer Rd, Houston, TX 77006

- This store is small but it does have those vintage tommy and ralph pieces everyone is after. Prices are high as the shop is extremely curated, but for those that don't care to really dig into a big goodwill store, it's a great spot.

Buffalo Exchange: 2901 S Shepherd Dr, Houston, TX 77098

- This is a pretty standard chain thrift shop but I included it because everything here is pretty reasonable priced while still having modern pieces. Don't go here looking for super vintage one-of-a-kind pieces; their entire stock is pretty much gathered from young people looking to make some quick cash. This store is more of a consignment shop than a thrift shop.

Retropolis: 321 W 19th St, Houston, TX 77008

- A funky, spacious vintage store with clothing for men and women, plus accessories and household items. You can find super eclectic pieces here and the prices are not too bad! One warning though, it can be overwhelming so do go in the store with a plan.

The Blue Bird Circle: 615 W Alabama St, Houston, TX 77006

- This place has everything. From quality clothing, furniture, accessories for the home, jewelry, and a host of other things too

numerous to list here, it bangs. Also pretty well organized and reasonably priced.

Almost, but not quite.

These are brands that have ethical lines, but have had hang-ups with employee treatment or are not fully transparent about their sustainable practices. Feel free to look into them when trying to make an effort to be more environmentally conscious, but definitely prioritize the other options we have listed first.

Banana Republic

Gap

H&M

Ikea

Old Navy

Tom's of Maine

Zara

Zara Home

Ways to easily reduce plastic consumption.

1. Bring your own shopping bag to the grocery store.
 - a. These stores have recently offered their customers a discount for bringing in their own reusable bags.
 - i. Target: \$0.05 per bag
 - ii. Whole Foods: \$0.05 per bag
 - iii. Trader Joes: \$0.05 per bag, some stores do enter you in their weekly raffle to win a \$25 Trader Joes gift card.
 - iv. Kroger: 5 fuel points per bag, some stores offer a \$0.04 discount per bag
 - v. Lowes: \$0.05 per bag
 2. Stop buying bottled water.
 - a. Two words: refillable bottles. So easy!
- NOTE: Always ask and double check with your local store to make sure they are applying the discount!

3. Bring your own thermos to coffee shops.

- a. These coffee shops have started giving out discounts for bringing in your own cup to their store!
 - i. The Nook Café: 10% off
 - ii. Starbucks: \$0.10
 - iii. Peet's Coffee: \$0.10

NOTE: If you are ordering through these shops' drive through's, mention that you have your own cup BEFORE ordering, so they don't begin making your drink in their plastic cups.

4. Say no to straws

- a. Straws are too light to be recycled as they drop through the mechanical recycling sorter. They usually end up contaminating the other recyclables and end up in landfills or the ocean. Next time you go to a bar, a restaurant, or coffee shop, say no!
 - i. Our officer Adamaris Ceja works with [The Green Turtle Company](#) and if you order with the code **addy10** you get 10% off your order of straws!

5. Use plastic free hygiene products.

- a. Much of the plastic that's polluting the oceans are microplastics. These tiny plastics are next to impossible to filter out of the ocean and landfills. They typically come from bigger items breaking down, but they are also commonly added to consumer products like face wash and toothpaste. These little beads are intended to be "dissolving" exfoliators, but many wastewater treatment facilities aren't able to stop them.
 - i. We have included some skin care brands in our lists above so try to avoid items with "polypropylene" or "polyethylene" on the ingredients list.

6. Make your period waste free.

- a. Tampons and pads include an incredible amount of packaging. If you're not in a situation where giving up tampons is an option, consider skipping brands with plastic applicators. Here are some options to consider:
 - i. [the Diva Cup](#)
 - ii. [Ruby Cup](#)

7. Re-think your food storage and food buying habits

- a. Plastic baggies, plastic wrap, and plastic storage containers are worth re-evaluating. Instead of sandwich baggies, try packing a bento box or a cute tiffin for lunch.
- b. Instead of throwing away plastic zipper bags or wrapping things in Saran wrap, try using jars or glass containers in the fridge.
- c. Shop in bulk and bring your own glass jars to stores instead of using their plastic baggies.

What can I recycle?

Metals:

- MAKE SURE THEY ARE CLEAN.
 - Aluminum cans:
 - Aluminum foil and bakeware
 - Steel or tin cans

NOTE: One dirty product, or one with food waste still in it, can contaminate entire bales, containing thousands of pounds of collected plastics. This can cause thousands of recyclable items to go to a landfill instead of being recycled. **Cleanliness is essential.**

Paper

- MAKE SURE THEY ARE CLEAN.
 - Cardboard
 - Magazines
 - Newspapers
 - Office or Printer Paper
 - Paperboard (aka your cereal boxes)
 - Paper cardboard dairy or juice cartons
 - Mail

NOTE: Juice and milk products are among the most consumed foods in America, but their cartons are among the LEAST recycled in America.

Glass

- Clear, Brown, and Green glass are all among the standard glass types that can be recycled. MAKE SURE THEY ARE CLEAN. However, there are glass items that should NOT be recycled listed below.

- DO NOT RECYCLE

- Ceramics
- Pyrex (heat resistant glass)
- Mixed colors of broken glass
- Mirrors or windowpanes
- Metal or plastic lids on glass containers
- Crystal
- Lightbulbs (though there are some centers that do recycle them specifically)
- TV or Microwave glass

NOTE: While these glass products cannot be recycled, many of them can be reused or fixed up to be used in a different light.

Plastics

- MAKE SURE THEY ARE CLEAN.

- Soda bottles
- Milk jugs
- Lunch containers
- Plastic bags
 - They have a separate recycling process and CANNOT be placed in with your other recyclables. However, most chain grocery stores have barrels you can bring in your collected plastic bags to recycle.

NOTE: Plastic bags can shut down entire recycling plants and they should be kept out of your recycling bins. It is a good idea to try to opt for reusable produce totes and forgo plastic bags all together.

Batteries

- Unwanted batteries and bulbs should never be mixed with other recyclables, but many are easy to recycle through other options. Make sure to contact your municipal solid waste agency directly or visit ThinkGreenFromHome.com to learn more about where to recycle the products listed below.
 - Car Batteries
 - Household and button batteries
 - Rechargeable batteries
 - Incandescent and Led
 - Compact and Fluorescent Bulbs

Electronics

- Unwanted electronics also cannot be mixed with other recyclables, but are easy to recycle through other options. Click [here](#) to find a Waste Management electronics shipping/drop-off center. As always check your local municipality to find out how to properly dispose of any of the items listed below.
 - Computers
 - Printers
 - Office equipment
 - Televisions
 - Stereos
 - Cell phones
 - Microwaves

Where can I recycle?

Links have been included for some of the more specific waste products listed above, but to find a waste management drop off recycling center near you click [here](#).

Miscellaneous

This last miscellaneous category is really just links to websites where you can easily begin to assist in the fight for a more sustainable earth. None of the links below cost you any money, but they are trustworthy companies dedicated to saving the earth via your help.

[Ecosia](#) Search Engine

This is a search engine similar to google but they use the profits from our searches to plant a tree in areas that need it most. The extension is free and they work with local communities to help their economy.

As always, if you have any recommendations or tips you would like for us to add, feel free to DM us at @amsahouston on our Twitter, Instagram, and Facebook accounts.