



# ACRE's Plastic waste reduction sewing group (1)





In February 2025, a working group focused on the reduction of our plastic waste was formed within ACRE.

Visit <https://acrechelsea.qc.ca/en/community-awareness-programs#plastics> or scan the QR code to learn more.





As part of this initiative, a sewing group was also established. The sewing group is following the Plastic Waste reduction principles, i.e., the Plastic Rs: Refuse, Reduce, Reuse, Repair, Repurpose, Recycle and is focussing on re-pairing (mending) or re-purposing clothes and other textiles that are no longer used. This process is also known as upcycling. The group has a partnership with Nearly New, a thrift store, in Chelsea, although additional contributions of unwanted clothes and textiles are welcome.




The preference of the group is to work with natural materials, as synthetic materials in textiles shed micro-plastics when they are washed, dried, worn or disposed of.









## ACRE's Plastic waste reduction sewing group (2)






The group is looking into re-purposing unwanted clothes and other textile items as e.g., bedsheets. Some items that group members have already made are shopping bags, vegetable bags and bowl covers that can be given away to promote the reduction of plastic waste.



Depending on the type of materials available other upcycling activities are also of interest. Some possible examples are upcycling old dresses into items as running skirts offering options for non-synthetic sports clothing or old sweaters into mittens.



The group is also exploring the possibility of offering workshops to the community. Topics of such could be mending (including visible mending), making plastic free bowl covers, sandwich bags, shopping and vegetable bags to name a few.



Starting in October 2025, the group will attempt to meet on a monthly basis at locations convenient to the members. This could be at somebody's home or in a coffeshop.