



# HEROIC LAUNDRY HABITS

At what level are your laundry habits?

## Level 5 - Eco-hero in the Laundry Room

You are a role model for sustainable laundry and significantly reduce energy consumption. You are doing everything below and:

- Inspiring others to become eco-heroes in the laundry room.
- Hanging laundry instead of using a drying cabinet or tumble dryer.
- Using a laundry bag for synthetic clothes that would otherwise release microplastics.

## Level 4 - Sustainable Laundry Master

You are using your knowledge to further reduce your ecological footprint. You are doing everything below and:

- Using a tumble dryer instead of a drying cabinet, and are avoiding over-drying the laundry.
- Avoiding washing frequently – air or freeze garments to freshen them up between washes.

## Level 3 - Green Laundry Habits

You are using more environmentally and energy-saving methods. You are doing everything below and:

- Lowering the washing temperature from 60 to 40, or 40 to 30. You are avoiding 90 degrees altogether. With today's washing machines and advanced detergents, most clothes become clean at low temperatures.
- Using eco-labeled detergent, bile soap flakes, or soap nuts.

## Level 2 - Eco-Enthusiast

You are using simple environmentally and energy-saving methods. You are doing everything below and:

- Washing full loads – which reduces the number of washes.
- Avoiding fabric softener – never use fabric softener for functional garments/sportswear (they lose breathability). If synthetic garments become static, use a small amount of fabric softener or regular vinegar (in the fabric softener compartment).

## Level 1 - Curious Beginner

You want to learn more environmentally friendly laundry methods. You are:

- Dosing detergent according to soft water.
- Using eco-friendly washing programs.
- Never using detergent chlorine in the in the washing machine.

