



## **Another Cause Worth Embracing**

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I have joined thousands of people in this country who have begun the process of de-cluttering their home and life. In my opinion, and research agrees, they go hand in hand! I returned to my home after the holiday trip and looked around realizing that I have accumulated so many things since I came to Florida 8 years ago. I began asking my self-questions like “Do I really like this?” “Am I emotionally attached to this?” “Does this serve any real purpose?” “Is there someone else who might enjoy it or utilize it more than I ever will?” These questions have assisted many people on their personal mission of de-cluttering their homes, storage units, garages and even their cars.

I have only one child who lives many miles away from me. I must consider the burden that I could leave behind if I don’t get a handle on all of my treasures during my lifetime. Because she lives in a very small home, I have to picture many of these items on the driveway for the yard sale that will result. I can think of the small return she will get from her time investment as my treasures bring nickels and dimes. I believe I owe it to her to make some immediate decisions on what stays and what goes to cut down on her burden! I have heard too many horror stories concerning children cleaning out their parent’s homes and the problems and frustrations that arise.

Do you identify with any of these thoughts? Would you want to join me the early part of this year in this project to clean house? Perhaps you already have done this. If so, I would love to hear about your process and how it impacted the way you view your surroundings now.

Those persons who are close to me know that I frequent every thrift store I can find time to visit and 90% of my clothing, purses and even shoes have been worn by someone else before me. I have also had the pleasure of seeing several of my donations worn by another person in the community. As I shop at these secondhand stores, I especially like previously worn blue jeans. I know that thrift stores sometimes get clothing, including blue jeans that are not suitable for re-sale. They must become a burden to the store managers to dispose of them. Some denim may be used as rags or will end up in the landfill.

I learned of a program that may interest you. Did you know that blue jeans and other denim can be mailed to a company called Blue Jeans Go Green that makes them into house insulation? Wouldn't it be great if people would adopt this cause as another of their environmental venues? Perhaps volunteers could pay the postage for a thrift shop to send the unsuitable denim to this company. On a much smaller scale, would you be interested in adopting this cause personally by pledging to take your sustainability efforts to a new level.

There are a few guidelines: Limit your package to a MAXIMUM of 100 pieces of denim per parcel. If you have more than 100 pieces, contact the company directly to discuss the shipping process. Each of us are responsible for the cost of mailing the package and you can select the carrier. Make sure that your mailing is strong enough to support the amount of denim you are putting in it. Only denim items can be sent however any type of denim apparel, (not just jeans) is accepted. Color denim is accepted. Denim can contain a combination of fibers. The package should be labeled as follows: Blue Jeans Go Green™, Denim Recycling Program, 431 North 47th Avenue, Phoenix, AZ 85043. You can print a label from their website if you prefer, [www.bluejeansgogreen.org/Get-Involved/Recycle-Denim](http://www.bluejeansgogreen.org/Get-Involved/Recycle-Denim). Recycling denim into insulation will keep someone warm in the winter and cool in the summer. Makes perfect sense to me!