

Planetary Wellbeing

- Cut Pollution & Toxicity
- Ensure Animal Wellness
- Guard Water Resources
- Ocean Awareness
- Protect Biodiversity
- Reduce Resource Consumption

Save Energy & Climate

- Commuting & Work Travel
- Home Energy & Retrofits
 - Home Food Production & Community Gardens
- Local Consumerism
- **Low-Energy Parenting**
- Office Energy
- People Power vs Fossil Power
- Save Money & Energy
- Vacations & Holidays

Pretty in Pastels




[Shop all pretty in pastels](#)



Save Money by Washing in Cold Water

Share: 

 Like 28

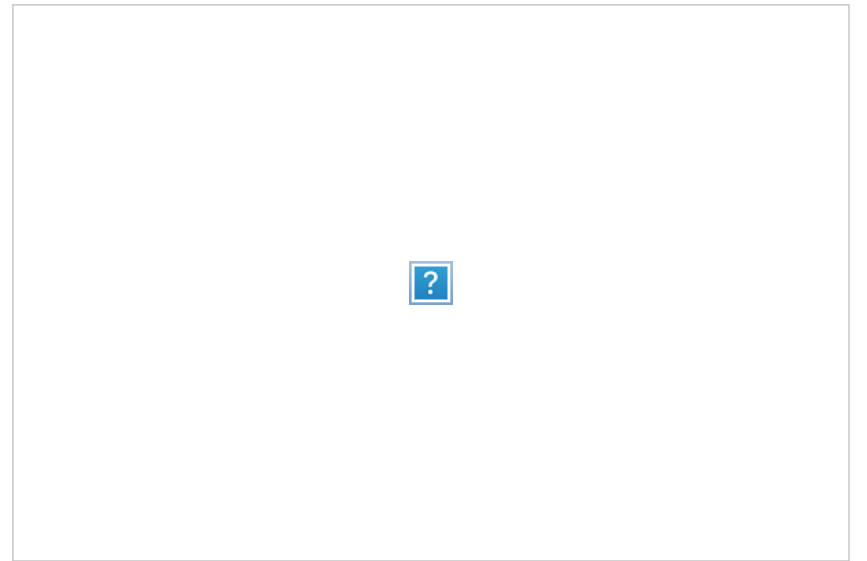
 Like [Sign Up](#) to see what your friends like.



If you haven't already made the switch, there's no time like the present. Washing clothes in cold water is a supremely simple way to save on your utility bills, shrink your carbon footprint, make your **clothes last longer**, and benefit the planet. Cold water washes are especially beneficial for caring for handmade fashion like our Hearts textile-based items. The best part is that this **green living idea is free!** It doesn't cost you a penny to just flip the dial from hot to cold. So what are you waiting for?

Quick Guide: Washing Clothes in Cold Water

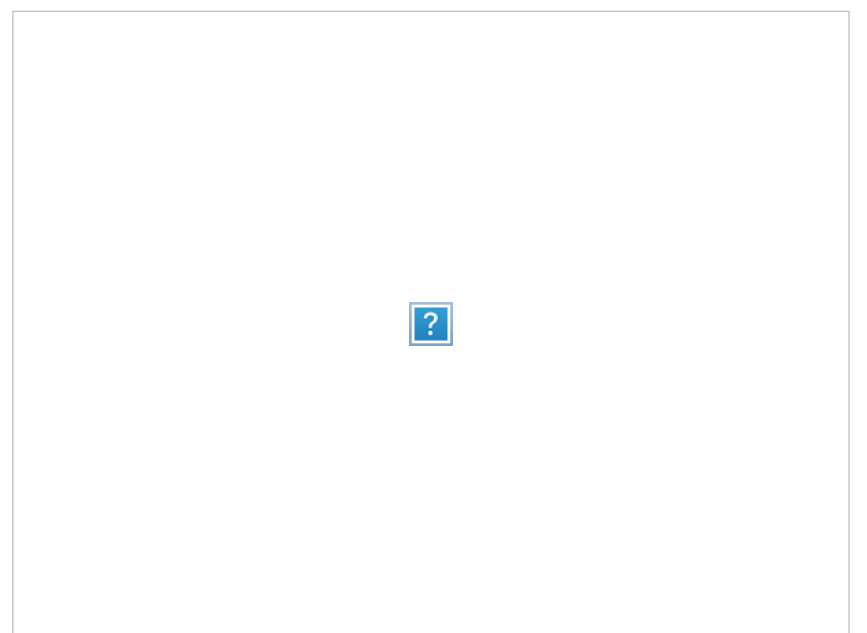
- **Hot water energy waste for washing:** Believe it or not, 90% of the energy you consume when running your washing machine is consumed for heating the water in hot water loads.^[i] In fact, a single load of laundry washed in hot/warm water uses the same energy as driving a car 9 miles. Over the year, that's like wasting 182 gallons of gasoline.^[ii]
- **Shrink your carbon footprint with cold washing:** By switching to cold water washes, you'll eliminate 1,600 pounds of carbon dioxide emissions every year.^[iii] If all North Americans made a switch to cold water for all loads of laundry it would mean savings between 30 million tons and 1.5 billion tons of CO2 annually.^{[iv] [v]}



- **Cash savings with cold wash washes:** You could save between \$27 and \$100 every year on your energy bills by washing in cold water (for an average of three loads of laundry per week).^{[vi] [vii] [viii]}
- **Myth busted: cold water cleans the same as hot:** According to Consumer Reports, your clothes will come out just as clean using cold water as they would using hot water, even whites. That's because there are three factors in cleaning: mechanical energy (the agitation caused by the machine), chemicals (the detergent), and the temperature. Take away heat, and you still have the other two. Today's cold water formulated detergents work extremely well and are specially designed to be just as effective in cold water as old detergents were in hot water.^[ix]
- **Lower clothing costs:** Hot water will fade and wear down your fashion much more quickly than washing in cold water. Fabrics and embellishments on your clothing will last longer when you wash in cold water, which can reduce your clothing budget as well.

Take Action! How to Save Energy at Home

1. **Specially formulated cold water laundry detergents:** These cold water laundry detergents should be your first choice when washing in cold water as they're created to work differently in chilly water. They should not cost any more than conventional brands. That said, we also recommend you choose natural, non-toxic laundry detergents, and these can be a bit more pricey. Try these brands for yourself: [Biokleen](#), [Ecos](#), [Ecover](#), [Natural Choices](#), [Seventh Generation](#), [Shaklee](#), and [Sun & Earth](#).
2. **Boost your detergent's cleaning powder:** To make your detergent work even harder for you, add some borax to each load of laundry. This is especially useful if you have hard water. Adding 1/2 cup of lemon juice in the rinse cycle will help to brighten whites, especially if combine this with hanging your clothes to dry in the sun.
3. **Spot clean before running the machine:** If you've got stains on your clothing – coffee, food, grass, oil, or whatever – be sure to spot treat the stains before you put laundry them using a natural spot remover. Many of the natural laundry detergent brands we've already listed carry their own special natural spot removers, so check those non-toxic versions out before buying something less than eco-friendly from regular brands.



Dig Deeper: How to Save Home Energy

- Explore this cool [Home Appliance Energy Use Visualization Tool](#) by GE to find out where your washing machine ranks in terms of energy use compared to other home appliances.
- Find out how much your carbon footprint can shrink by choosing simple changes like washing in cold water with CarbonFootprint.com's [Household Energy Consumption](#) guide.

Image By [kruder396](#) and [trekkyandy](#).

 **References**

 **References**

Share: 

 Like 11



Right-Sized Air Conditioners Allows for High Efficiency



Proper Thermostat Settings Save Costs



How to Build Your Own Vegetable Garden

Comments

0 Comments

Sort by Oldest



Add a comment...

Facebook Comments Plugin

