



COLORADO STATE UNIVERSITY EXTENSION

CLOTHING CONSTRUCTION-RECYCLE CLOTHING

Recycled Clothing enables you to make garments for yourself from fabrics you discover in old garments or home furnishing items. In the Recycled Clothing project, you are not to sew for others (Unit 7), make creative sewing projects (Unit 5), or embellish a garment (Decorate Your Duds).

Evaluating Fabrics for Reuse

If you have sewing skills and have the use of a sewing machine, you can turn little or never-used garments or household items into usable garments. Before you start your recycling project, ask yourself the following questions:

- Is the fabric in good condition?
- Is the garment worth the time that will be involved?
- Do I have the patience to undertake the project?
- Do I need the garment?
- Do I have the sewing skills to make a professional looking garment?
- Will it save me money or will I feel good about reusing quality fabric?
- Is there a fiber content and/or care label to transfer to the new design?

Project Requirements

- Take a photograph of original item to be included in the e-record.
- Construct one garment or outfit, up to three pieces, which illustrates what you have learned.
- Exhibit a completed e-record, including a picture of the original item and completed project.
- Do a demonstration/show and tell.
- Judge/evaluate clothing products.
- Do a clothing-related community service project.

Project Evaluation

Your project will be evaluated on the quality of construction techniques used and creativity of adaption (75 percent) and completeness of e-record (25 percent).

Workforce Preparation Competencies

When you participate in 4-H projects, you develop life skills and workforce preparation competencies; skills which enable you to become more confident, capable, and contributing members in your school and community. Through the Recycled Clothing project you will use the following competencies:

- Utilize resources (locate time, money, materials and space)
- Use information (acquire and evaluate data, interpret data)
- Work with technology (use equipment and tools, maintain equipment)
- Basic skills (reading, math, writing and speaking)
- Thinking skills (problem solving, reasoning, learning, creative thinking, and decision making).
- Personal qualities (self-esteem, integrity and responsibility)

Home-Based Business Potential

Many 4-H members have developed their own home-based business because of skills they have learned in the 4-H program. This may be an opportunity for you to use your creative talents to earn extra money. However, consider what your product is, who your market will be, how you would advertise, the price you would charge, delivery, etc. Additional information on starting a home-based business is available through your local library and Extension office. Obtain a copy of "Be the E" from the Colorado State University Resource Center or 4-H Mail to help you. Your decision to use your skills to start a home-based business will not have an impact on how your exhibit will be evaluated.