



Laundry Basics

<https://www.thespruce.com/how-to-do-laundry-2146149>

Clothing Buying Basics

Clothes are expensive. How you choose to invest in your wardrobe can have a major impact on your budget. Here are some tips that may make a difference.

- Invest in quality, classic clothing for work and special occasions.
- Check the labels for care...dry cleaning can be expensive.
- Choose dark, neutral colors that can be accessorized.
- Avoid acrylics. They cause pilling. (little knots on clothing)
- Do not scoff at hand-me-downs and thrift / consignment stores. Great bargains can be found.
- Never pay full price! Unless you truly have to have it at that minute, wait for sales before buying.
- The comfort of good shoes can not be underestimated!

How often Should I Do Laundry?

This can be a difficult question to answer. It depends on a number of factors, including

- access to a washer and dryer
- the amount of clothing you have
- the type of job or activities in which you participate (construction worker vs. insurance salesperson)
- personal hygiene
- lifestyle

Suits, jackets, jeans, pants, skirts, sweaters, and dresses can often be worn several times before laundering is needed.

Remember sheets and towels need to be laundered, too!

Overloading a washer and/or dryer always has a hazardous outcome that can ruin clothes and cause fires.

How to Sort Laundry

<https://www.thespruce.com/how-to-sort-laundry-before-washing-2146393>

1

Read the care label on each item in the hamper.

The label will tell you whether an item can be machine washed, what water temperature to use, and how to dry the fabric. Place all clothes that are labeled, “wash separately” or “hand wash” into a separate pile.

Until you become a laundry pro, trust the label that states “DRY CLEAN ONLY”.

2

Once the hand wash and dry clean only clothes are separated, sort the remaining washable laundry by color. Whites, pastels, light gray, and white background prints will go in one pile. Dark colored clothes—black, red, navy, brown, dark gray—go in another pile.

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3

Sort each pile one more time by **type of fabric**.

Washing by each color and fabric type allows you to use the **correct water temperatures** and **keeps drying cycles simple**.

4

Wash heavily soiled items separately.

This will prevent heavy soil from redepositing on other clothing. It will also prevent the transfer of strong odors to other fabrics.

Sheets and towels can be washed together provided they are similar colors (see sorting by color) and fabric weight (see sorting by fabric).



Please contact me at any time for the following:

- **questions**
- **internships**
- **job opportunities**
- **volunteer opportunities**
- **help and guidance**

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