INTRO TO SORTING

SORT BY COLOR
To keep light colored clothes from picking up dark dyes, wash whites separately; pastels and medium colors together; bright and darks by themselves.

SORT BY SOIL
Sort those really dirty items away from the slightly dirty ones, since slightly dirty items can pick up the extra soil from the wash water.

*Remember to empty clothes pockets. Turn clothes right-side out, close zippers and check labels for any special instructions to avoid shrinking or ruining clothing. Refer to the stain guide to pre-treat any stains.

LAUNDRY LAB: WASHING MACHINE SETTINGS

1. Select your load size. The perfect load size will be around a medium load that leaves a few inches at the top of the washer.
2. Follow instructions on washer or on the product label when adding detergent.
3. Choose water temperature. Most can be washed in cold (which is also eco-friendly) but you may need warmer water to remove some stains (check the stain guide).
4. If your washer has a soil level setting, think about how dirty your clothes are. Put dirtier items like sports uniforms and workout gear on a higher soil level than your everyday clothing.
5. Add your liquid detergent either into the drum of the machine, or into the detergent tray. If using fabric softener, add it to the softener tray. If using liquid laundry packets, add the packet to the drum of your washing machine before adding your clothes.
DO I NEED TO WASH THIS?
Not sure when to wash what? Follow the wash schedule below to keep your clothes fresh and clean.

WASH AFTER EVERY USE
• Underwear
• Socks
• T-shirts, tank tops & camis
• Leggings & tights

WASH AFTER 2-3 WEARS
• Jeans
• Bras

WASH AFTER 3-5 WEARS
• Bath towels
• Pajamas

WHAT ABOUT THE SHEETS?
Wash bed sheets every two weeks. You don’t want to share your bed with dust mites – and their carcasses and fecal matter.