



Clothing Challenge: Thrifty Threads



Second-hand shopping has become more popular over the last decade. Thrifting can be cool and challenging. It's good for the environment, supports the community, and saves you money while you create your unique wardrobe.

It can be a challenge to find great items, depending on the store. Some stores are organized, with great buys, but other stores make it harder to find what you want.

There are many things you can find in a good thrift store. It's time to unleash your creativity and create your own style. Set a budget, visit a thrift store, and challenge yourself to find one-of-a-kind clothing items that reflect your own distinct style.

Inspire Kids to Do

Skill Building

- Prepare and stay within a clothing-shopping budget.
- Conduct a clothing inventory and identify clothing needs.
- Learn how to select clothing items that are of good quality and a good buy.
- Learn what makes a good clothing donation at a thrift store.

Goals

- Research thrift stores in your area.
- Set a budget.
- Shop within your budget to purchase clothing items that enhance your wardrobe.
- Learn about recycling your clothing.

Project Ideas

- There are other items you can purchase at a thrift store to go with your outfits. Look for purses, shoes, scarves, belts, jackets, and jewelry to accessorize your outfit.
- Participate in your county Fashion Revue.

Self-Evaluation Before

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know how to ...

- Purchase clothing at a thrift store 1 - 2 - 3
- Purchase an outfit that fits within my budget 1 - 2 - 3
- Recycle my clothing 1 - 2 - 3

Starting Out

- Identify thrift stores in your area.
- Identify your budget.
- Purchase an outfit at a thrift store.

Learning More

- Inventory the clothing you have and figure out what you need to complete your outfit or an outfit you need for a job interview or a special occasion.
- Develop a plan to recycle your clothing.

Expanding Horizons

- Try mixing and matching your thrift store purchases with your existing wardrobe items. How many new outfits can you create?
- Experience a thrift store by volunteering.
- Set up a 4-H Clothing and Textiles project meeting on shopping at thrift stores.

Clothing Challenge: Thrifty Threads

| Challenge Instructions | Helpful Tips | Leadership | Curriculum and Resources |
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| <ul style="list-style-type: none"> • Find the thrift stores in your area and identify the ones that sell clothing in your size. • Identify your budget and make a list of things you're looking to buy. • Get out and shop for your new bargain outfit! <p>When finished, please visit: www.tinyurl.com/KS4H-Challenge to tell us what you learned. Thanks.</p> | <ul style="list-style-type: none"> • Know what you are looking for. • How much money you can spend? • What store has the best options and buys? • What day of the week are their additional sales? • Check out other pointers in making a great outfit find on the next pages! | <p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <p>Teach someone what you have learned.</p> <ul style="list-style-type: none"> • Host a fashion revue for thrifty items. • Teach others the savings you can get from shopping at a thrift store. • Teach others about giving items that you no longer want to the thrift store and that those stores often support a mission. • Other _____ | <p>To learn more about the Clothing project, visit the Kansas 4-H Clothing and Textiles Project page.</p> <ul style="list-style-type: none"> • Sew Fun – Ohio 4-H (\$) • Shopping in Style – Nebraska 4-H Publication 4H435 (\$) |

Life Skills Learned (check all that apply)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Share

- Volunteer at a thrift store.
- Present a project talk or demonstration at a club meeting telling what you have learned about during this challenge.
- Create a fair exhibit.
- Other _____

Evaluate Your Experiences!

What did you learn about clothing available at a thrift store? _____

What did you learn about shopping on a budget in the thrift store? _____

What did you learn about the quality of the clothing at the thrift store? _____

What type of outfit did you purchase and where did you wear it? _____

To complete the Challenge, take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience. www.tinyurl.com/KS4HChallenge

Local Contact Information

Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know how to ...

Purchase clothing at a thrift store 1 - 2 - 3

Purchase an outfit that fits within my budget 1 - 2 - 3

Recycle my clothing 1 - 2 - 3

Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by Melinda Daily and Karen Nelson, Sunflower Extension District



What Is Your Clothing Budget?

For most youth this can vary. Either you have a part-time job, or your parents help you with your clothing purchases every year. The money you earn or receive will determine how much you have available to spend.

Complete the Clothing Inventory Chart on page 5 to help you figure out what clothes you need to replace or clothing you might need for special occasions.

Determine Your Budget

Look back a few months, say 6 months, and determine how much money you have spent on clothing. This will give you an idea of your history and you will be able to find the cost average per month. Example: I spent \$50.00 in 6 months.

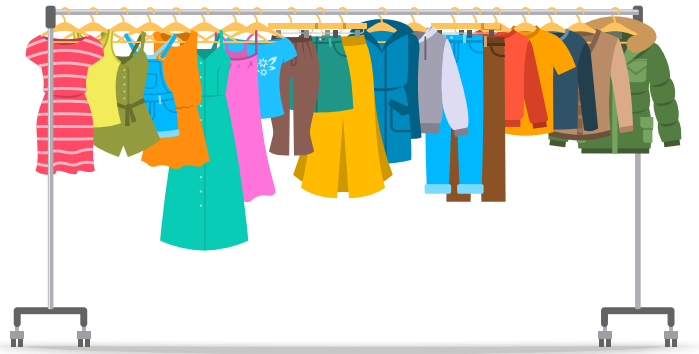


- \$50.00 divided by 6 = \$8.33 per month
- Multiply the average per month by 12. $\$8.33 \times 12 = \99.96 (So let's say \$100.00 per year.)
- Divide that number by your yearly income to find out what you have been spending.
- Decision now is, can I afford to spend the same amount of money or do I need to reduce my budget.
- Use the budget chart below to determine what you can purchase. List the garments in the chart below from most to least needed.

| Budget Chart | | | | |
|----------------------------|----------------------|---------------|---------------------------|------------------|
| Items needed | Money in your budget | Price of item | Money left after purchase | Can I afford it? |
| Example: One pair of jeans | \$100.00 | \$35.00 | \$65.00 | Yes |
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| TOTAL | | | | |

Choosing a Thrift Store or Stores

1. Make a day of visiting all the shops in a specific area or around town. Might have to go out of town if you don't have any thrift stores.
2. Each store will have a slightly different kind of stock, so take a grand tour and take it all in.
3. Keep track of items they carry and if they are in your size.
4. What days of the week do they run discounts?
5. Ask what's on sale when you enter the store.
6. Find out if the store supports a mission and who they are.
7. Be nice to people who work in the stores. They are not usually paid very well or not paid at all.



Know What Your Needs Are

1. Use the list from your Budget Chart for deciding on what clothing purchases you want to look for on a given day. (Remember to check what days are good bargains for certain clothing in the store.)
2. Be creative and keep your eyes (and mind) open for clothing or accessories that might fill a need or a want from your list.
3. Select items to create an outfit or outfits you like and that are most suited for the occasion you had plans for.
4. Always check the labels to find out how the outfit is to be cleaned. The cost will be higher if it has to be dry cleaned.
5. Most thrift stores do not have ample dressing rooms, so when you go shopping wear clothes that you can slip other clothing over to see if it fits appropriately.
6. Take an inventory of the clothing you are looking at to make sure it is of good quality (no stains, tears, etc.) It might not be repairable. Don't just buy it because it's a good deal.
7. Determine if the outfit is in your budget prior to purchasing the item.

Give Back

- Don't forget to drop off the things you no longer use or need at the thrift store.
- Volunteer to work at a thrift store. Most of them support a mission. Do a good deed!
- Don't try to bargain, chances are you're already getting a good bargain. If it does seem overpriced, ask to speak with a manager.

Good Luck Thrifting!



Clothing Inventory Worksheet

| Clothing Category | Condition | Season for Wear | Casual | Dressy | Formal | Does it Fit? | | Like | Dislike | Need to Replace | Donate Item |
|-------------------|-----------|-----------------|--------|--------|--------|--------------|---|------|---------|-----------------|-------------|
| | | | | | | Y | N | | | | |
| Coats/Jackets | | | | | | | | | | | |
| | | | | | | | | | | | |
| Suits | | | | | | | | | | | |
| | | | | | | | | | | | |
| Blouses | | | | | | | | | | | |
| Tops | | | | | | | | | | | |
| Shirts | | | | | | | | | | | |
| | | | | | | | | | | | |
| Sweaters | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Pants | | | | | | | | | | | |
| Shorts | | | | | | | | | | | |
| Jeans | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Skirts/Dresses | | | | | | | | | | | |
| Casual and | | | | | | | | | | | |
| Dating | | | | | | | | | | | |
| | | | | | | | | | | | |
| Sportswear | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Underwear | | | | | | | | | | | |
| | | | | | | | | | | | |
| Shoes/Boots | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Accessories | | | | | | | | | | | |
| | | | | | | | | | | | |
| Other | | | | | | | | | | | |
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4H1156 May 2021