



# MOUNT PROSPECT SUSTAINABILITY news

WINTER 2025

## MOUNT PROSPECT MICROMOBILITY

Looking to use your personal vehicle less? Searching for a cost-effective way to try electric transportation? Or maybe you're simply looking for a fun new way to get out and explore your community. E-bikes and e-scooters are a rising trend, embraced by people of all ages as an exciting new form of transportation.

According to the U.S. Department of Energy, sales of e-bikes exceeded one million in 2022. This fast-growing trend is helping bridge the transportation gap between traditional bicycles and automobiles.

As e-bikes, e-scooters, and e-motos have become a popular and practical transportation alternative, and a fun recreational option, the Village of Mount Prospect wants to assure that our community rides and scoots safely.

It is essential that all riders and their families understand and comply with Illinois laws and local traffic regulations to ensure everyone is safe. Please review the chart below to see where you can ride e-bikes, e-scooters, and e-motos; or access the [Village code section](#) on these transportation devices.

|                      | Sidewalks | Bike Lanes | Shared-Use Path | Village Parking Garage | "Walk Your Wheel Zone" | Village Roadways |
|----------------------|-----------|------------|-----------------|------------------------|------------------------|------------------|
| Class 1 E-Bikes      | ✗         | ✓          | ✓               | ✗                      | ✗                      | ✓                |
| Class 2 E-Bikes      | ✗         | ✓          | ✓               | ✗                      | ✗                      | ✓                |
| Class 3 E-Bikes      | ✗         | ✓          | ✗               | ✗                      | ✗                      | ✓                |
| Low Speed E-Scooters | ✓         | ✓          | ✓               | ✗                      | ✗                      | ✓                |
| E-Scooters           | ✓         | ✓          | ✓               | ✗                      | ✗                      | ✓                |
| E-Motos              | ✗         | ✗          | ✗               | ✗                      | ✗                      | ✓                |

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## One Size Fits All Environmental Concerns

### How Big is the Problem?

In an interview with Jacqui Sadashige, a University of Pennsylvania lecturer in the School of Liberal Arts, she revealed that the fashion industry has seasons for clothing. This makes sense for an industry where one of the purposes of the items being sold is to combat the weather. Warmer clothes are needed for colder months, lighter items are needed for



warm months. The world of fashion and textiles actually aims to cover a wider range of seasons than what we see as consumers! Sadashige reveals that these are not the only seasons. The world of fast fashion is actually home to over 52 micro seasons.

Each one of these micro-seasons requires a whole range of items to be added to

stores and stocked in distribution facilities or warehouses. Ships must carry clothing across great distances of oceans and the trucking industry has to distribute these items across land.

The Carbon Literacy Organization reports that the fast fashion industry as a whole is the second largest industrial polluter with a staggering production of over 10% of all global pollution. 1.2 billion tons of carbon emissions are released as a result of this industry.

### But I Don't Buy New Clothing That Often!

It's completely understandable that anyone would feel like they do not buy that much clothing, or they may feel like they have a "normal amount". According to Sadashige in the same University of Pennsylvania interview, the average amount of clothing owned by consumers has been increasing over time. So what is considered a "normal amount" of clothing options has increased over time.

Following discussion on fashion seasons, Sadashige also reports in here interview that the average woman of working-class income owned about 9 outfit options in 1901. The average American woman today and owns 103 clothing items on average.

# FAST FASHION

It's understandable that people don't realize or notice the increasing amount of clothing they are purchasing, or, more importantly, the quantity of clothing they own. Unlike wages or the cost of living, which experience considerable increases over time, with year-over-year marginal growth, clothing prices have grown much more slowly.

The U.S. Bureau of Labor Statistics reports that the average cost of clothing items more than doubled between 1924 and 1974. But between 1974 and 2024, the cost of clothing items increased by a factor of 1.9. As a result, the average year-over-year increase in clothing costs has slowed over the past century.

This could potentially, among other reasons, help explain why consumers are not noticing that they are buying more clothing over time. The cost of clothing is not keeping pace with wage growth, so the percentage of overall income spent on clothing has become smaller and less noticeable in shopping habits.

## **One Area of Concern: Microplastics**

When you think about how often you use plastic on a daily basis, it's easy to

overlook the clothing you are wearing as one of those uses. Polyester, one of the leading materials used in clothing—and an even more common ingredient in the production of fast, cheap fashion—is actually made from plastic.

The United Nations reported in a 2019 article that laundry alone can release half a million tons of microplastics into our water systems every year. Regular washing of clothing made from polyester and other plastic by-products leads to the gradual deterioration of the plastic fibers that make up the clothing.

Microplastics are no different than anything else that enters the water system; they will eventually make their way back into our environment and potentially into our bodies. While research and studies are still underway, microplastics have already been found in humans, the foods we eat, the water we drink, and many other parts of everyday life.

**Looking for the complete list of sources referenced in this article? Please email [jallain@mountprospect.org](mailto:jallain@mountprospect.org) for the full list.**

# TEXTILE RECYCLING

## Village Textile Recycling

In January of 2018, The Village of Mount Prospect partnered with Simple Recycling to offer residents an effective and innovative way to choose textile recycling over throwing away unwanted or worn out clothing. Simple Recycling exists to provide communities with a scalable and convenient solution to help reduce the harmful impact of textile waste. The free textile collection service aims to forge long-lasting benefits for the environment, people, and communities alike.

To take part in this program Visit <https://simplerecycling.com/#main> or call 866/835-5068 to schedule your pick-up.

Place your items in a clean box, paper, or plastic bag and place it by the front door on your scheduled pick-up day.

What Items Can be Collected:

- Clothing
- Coats and Jackets
- Jewelry
- Shoes
- Purses
- Hats
- Toys
- Blankets
- Drapes/Curtains
- Pillows
- Sleeping Bags
- Tools
- Silverware and Dishes

## Cook County EPA News and Info

The Cook County EPA has launched a new online portal to streamline the submission of environmental complaints from the public. This web-based form simplifies the reporting process for residents and businesses, making it easier and more efficient to report concerns like illegal dumping, demolition dust or asbestos-related issues.

The new portal empowers the public by providing a direct and accessible tool.

Users can provide detailed information and upload photos directly from their computer or mobile device, which helps ensure environmental regulations are followed across Cook County.

All environmental complaints for areas in suburban Cook County, excluding areas within Chicago city limits, should be submitted through the portal, which can be accessed [here](#).

# SUSTAINABLE EATING!

## Holiday Portion Sizes

The Holidays may be a time to “Gobble till you Wobble”, but it’s important to remember that growing food and raising live stock has an impact on the environment. Be smart about how much food you prepare and make sure you don’t waste the water, energy, and resources used to produce the food.

### Rolls



4 guests: 6 rolls  
8 guests: 12 rolls  
12 guests: 18 rolls  
16 guests: 24 rolls

### Gravy



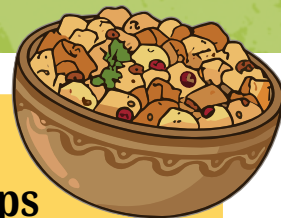
4 guests: 2 cups  
8 guests: 4 cups  
12 guests: 6 cups  
16 guests: 24 pounds

### Pie



4 guests: 1 pie  
8 guests: 1 to 2 pies  
12 guests: 2 to 3 pies  
16 guests: 3 to 4 pies

### Stuffing



4 guests: 3 cups  
8 guests: 6 cups  
12 guests: 9 cups  
16 guests: 12 cups

### Turkey



4 guests: 6 pounds  
8 guests: 12 pounds  
12 guests: 18 pounds  
16 guests: 24 pounds

### Cranberry Sauce



4 guests: 2 cups  
8 guests: 4 cups  
12 guests: 6 cups  
16 guests: 8 cups

### Potatoes



4 guests: 3 cups  
8 guests: 6 cups  
12 guests: 9 cups  
16 guests: 12 cups

These quantities were sourced from Food Network. Click [HERE](#) to access the full story with additional recommended per person amounts.

# LED HOLIDAY LIGHTS

## Importance of LED Lighting - Holiday Lighting

LED is a highly energy-efficient lighting technology, and has the potential to fundamentally change the future of lighting in the United States. Residential LEDs -- especially ENERGY STAR rated products -- use at least 75% less energy, and last up to 25 times longer, than incandescent lighting.

LEDs consume far less electricity than incandescent bulbs, and decorative LED light strings such as Christmas tree lights are no different. Not only do LED holiday lights consume less electricity, they also have the following advantages:

- Safer: LEDs are much cooler than incandescent lights, reducing the risk of combustion or burnt fingers.
- Sturdier: LEDs are made with epoxy lenses, not glass, and are much more resistant to breakage.

- Longer lasting: The same LED string could still be in use 40 holiday seasons from now.
- Easier to install: Up to 25 strings of LEDs can be connected end-to-end without overloading a wall socket.



Widespread use of LED lighting has a large potential impact on energy savings in the United States. By 2035, the majority of lighting installations are anticipated to use LED technology. The rapid development of LED technology has resulted in increased product availability, improved manufacturing efficiency, and lower prices.

**An All LED Submission for the Village's 2025 Holiday House Decorating Contest!**

## String Light Recycling

The Village accepts unused and non-working Holiday string lights and extension cords. The materials in the string lights and extension cords will be reclaimed and reprocessed into new products.

Residents can drop off their unwanted holiday string lights and extension cords at the Recycling Center located at the west end of the parking lot at Public Works Department (1700 West Central Road). Call 847. 870.5640 for more information.