



Microplastic Monday: Microfibers

Today, we want to talk about microplastic fibers from clothing! Did you know that **many fabrics, including polyester, nylon, acrylic and other synthetics are actually made of plastic**? Each time you run a load through the washing machine, thousands of plastic microfibers are washed into your local watershed.

Microfibers are very difficult to locate and collect once they enter rivers, lakes and the ocean, so **the trick is to capture them before they escape.**

One inventive scientist in VT came up with a solution after observing the way corals trap their food: **the "Cora Ball"** — throw it in the wash with your clothes, and it collects pesky microplastic fibers for you! (<https://coraball.com/>) Alternatively, installing an additional **microfiber filter for your washing machine** like **Filtrol** (<https://filtrol.net/>) can trap 85% or more fibers pre wash load. Or a **mesh bag** like the **Guppyfriend** (<https://us.guppyfriend.com/>) can also reduce the fibers released in the grey water.

Not ready to invest in fiber traps? You can still make a difference and reduce your plastic microfiber waste by **washing your synthetic clothes less often**, and being mindful when you shop; choose natural fibers like cotton, linen and wool.

Photo: [The Rozalia Project for a Clean Ocean](#) "This photo shows a 3mm section of microfibers filtered from the drain water of a standard load of laundry magnified 120x"