



FEBRUARY 2023

THE UNBELIEVABLE SECRET INGREDIENTS

The Ultimate Guide to Make Your Home Eco- Friendly

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Abstract

It is good news that many people across the world are becoming more environmentally-conscious. Being more eco-friendly will not only help you contribute to a sustainable environment but it can even save you money. Here are some behaviors to improve the mechanical and electrical engineering of your home, and make it a more eco-friendly place.



Getting Started

What Does "Eco-Friendly" Actually Mean?

The term “eco-friendly” gets thrown around a lot — you see it on labels for everything from sandwich bags to sheets. Because it’s used so often, it can be hard to understand the true importance of eco-friendly products. And if you aren't sure what the word actually means, there's a greater risk of being misled by companies claiming to be conscious of the environment.

What is the definition of eco-friendly?



According to Merriam-Webster, the official definition of eco-friendly is: “not environmentally harmful.” When it comes to products, that means everything from production to packaging needs to be considered safe for the environment. But the government has strict guidelines on eco-friendly claims, and here's where it gets tricky: The government Green Guides say that in order for a product to be properly labeled as "eco-friendly," the packaging must explain why it is environmentally responsible. Otherwise, based on how consumers actually use the product, it could, in fact, be harmful to the environment.

We're here to help you decode eco-friendly claims so you can make smarter decisions for your household and the environment.

Truth be told, our environmental experts prefer to use the term "sustainable" rather than "eco-friendly." Why? When it comes to product production, everything has some sort of negative impact on the environment (think: water usage, energy and product waste, etc.), and that means there really aren't any products that fit the dictionary definition of eco-friendly. On the other hand, when we call something sustainable, it means that a single attribute is good for the environment — not necessarily

everything about the product. "Eco-friendly" is also considered a greenwashing term, given that it is regularly used in misleading marketing claims (keep reading for more on that topic).

A cheat sheet of "eco-friendly" terms

"Environmentally friendly," "eco-friendly," and "earth-friendly" are just different ways of saying "not environmentally harmful."

"Green" is a "casual term that people use in exchange for any word relating to eco-consciousness," says Birnur Aral, Ph.D., Executive Director of the GH Institute's Health, Beauty and Sustainability Lab. "It's a multi-faceted term, but it generally implies better practices for both the environment and the people involved." When we surveyed over 5,000 people from our consumer panel, we found that 65% think the word "green" is synonymous with environmentally friendly and eco-conscious practices.

"Sustainable" and "sustainability" can be defined in many ways, but sustainable living generally means "the practice of making sure we don't deplete our natural resources while maintaining a prospering economy for future generations," says Aral. "It is thought to have three pillars: people, planet and profit. For a business, this means that ensuring the wealth of employees (and people related to that business) and minimizing or even reversing its environmental impacts should be as important as turning a profit for it to be sustainable in the long run."

How to spot (and avoid) greenwashing

Greenwashing is a term used for when a company deceptively puts eco-friendly claims (think: "environmentally friendly," "sustainable" or "green") on its product packaging. In most cases, they are broad claims without any support to back them up. Here are a few examples of deceptive claims to watch out for, according to our environmental experts:

- A bottle of laundry detergent is labeled "free of phosphates." Since phosphates were removed from this type of product decades ago, any reputable detergent manufacturer has already phased out the

ingredient. This is considered greenwashing because phosphate-free laundry detergents are already the norm.

- A comforter or sheet set is labeled “all natural.” While the product may be made with plant-based materials like bamboo, the raw materials go through a series of manufacturing processes that synthetically alters them. This claim is deceptive because “all-natural” suggests that the bedding came straight from nature. "There actually is no such thing as 'bamboo' fiber since it's really rayon," says Lexie Sachs, Executive Director of the GH Institute's Textiles Lab. "Plus, the process involves toxic chemicals that are dangerous to the workers, wildlife and environment where it's produced."
- A yoga mat is labeled "biodegradable" or "recyclable." Because of the conditions at landfills, these materials won't break down quickly, and you can't recycle a yoga mat with curbside pickup or even bring them to a recycling center. These claims are considered greenwashing since they state an environmental benefit, but no meaningful benefit exists.
- A company displays an environmentally-friendly symbol that doesn't exist. Watch out for fake eco-friendly symbols created by brands. Even if a product has a green logo that says "earth friendly," it means nothing if the company designed it themselves.

I. Eco-Friendly or Sustainable Living: Give Your Home an Eco-friendly Makeover

Here are some ways you can give your home an eco-friendly makeover and make your space safe and conscious for life on the planet:



❖ Choose sustainable furniture

Eco-friendly furnishing materials put less stress on the environment and prevent the emission of harmful chemicals in the living space. Sustainable furniture adds a unique look to the house and is a better alternative to forest wood, assuring strength, longevity, and beauty.

For instance, bamboo, a tall grass, is an ideal alternative to wood as it is one of the fastest growing plants, which can grow up to three feet in a day. Thus, people are switching to bamboo swings, reclining chairs, coffee tables, bookcases, baskets, etc., to save the environment by preventing deforestation.

Other eco-friendly materials used for making sustainable furniture are rattan and wicker, lumber, rubberwood, lantana, and reclaimed wood, among others. Refined and well-cut stones can also be used as furniture to create a posh look indoors.



❖ **Bring more houseplants**

Indoor plants renew life in any space with their vibrant greenery and freshness. Popularly adapted as an inexpensive decor item, houseplants enhance the beauty of the interiors and keep the surrounding air clean and free of toxins.

However, for indoor plants to function properly, it is important to choose the right kind of planter. Concrete planters are among the many vessels you can use to grow your indoor plants. Found in different sizes, concrete planters not only provide a suitable habitat for the plant to thrive, but also complement the house with their beautiful patterns, designs, and colours.

❖ Buy pre-owned goods

In this day and age when everything is accessible at our doorstep at the click of a button, that too at a cheap price, we do not realise how much the overproduction of goods is burdening landfills.

One of the simplest ways to positively affect the environment with your home decor is to buy pre-owned goods. Vintage decor not only costs a lot less, but also gives a “distressed” chic look to the house. Head over to a local thrift shop or search on eBay to explore the gently-used items that can look great in your house.



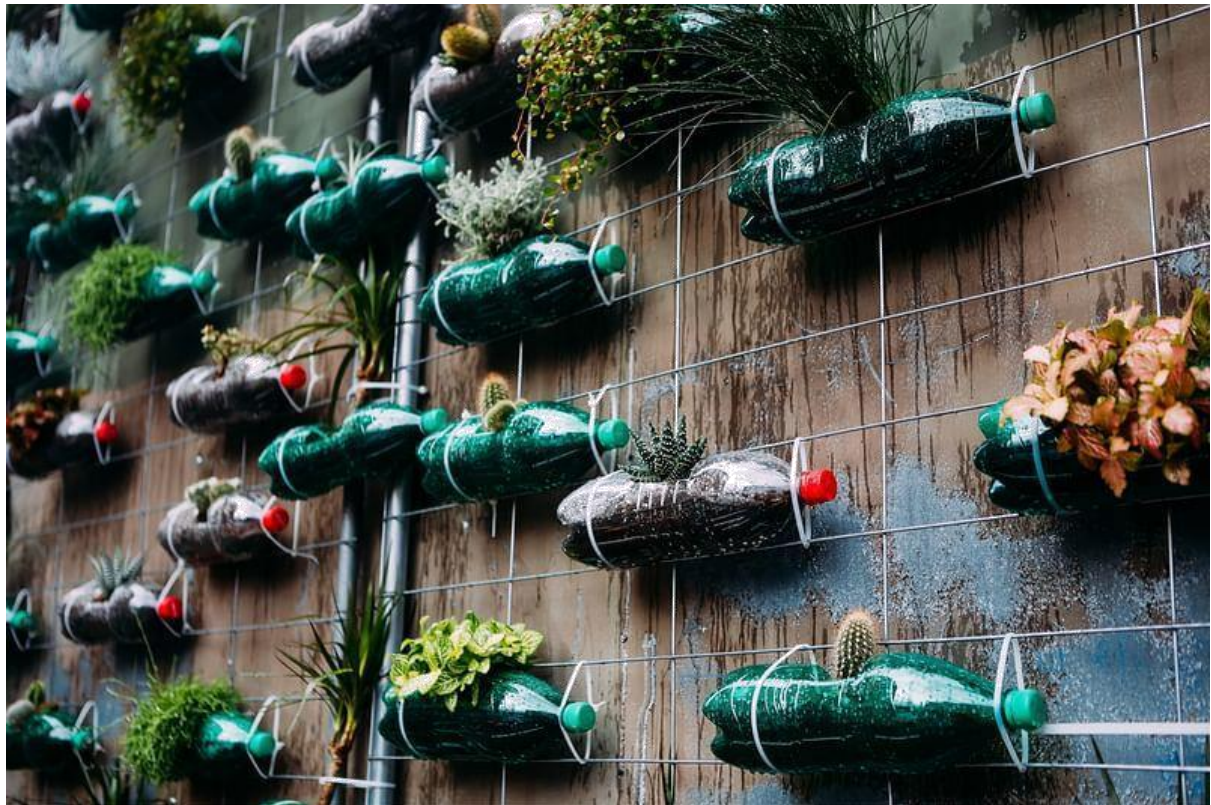
Also, reclaimed wood or metal is ideal for indoor air as they do not emit harmful chemicals or volatile organic compounds (VOC) compared to new or freshly painted goods.

❖ Beautify homes with creative DIYs

You can make your place sustainable by utilising waste materials such as popsicles, glass, and paper bags to create unique and personalised home décor items and accessories.

Not only do DIY items decorate your home as you wish, but they also express your individuality with craft ideas. Developing something new from the old and upcycling are the best methods to reduce your carbon footprint. If you want to create a home decor item or accessory with minimal effort, use a ready-to-use concrete mixture, mould it into any shape or size, and paint it with the colour of your choice.

Concrete is a ubiquitous and versatile material, which puts less stress on the environment and adds a tinge of elegance to the living space.



❖ Use non-toxic materials

Whether you are planning to paint your walls, buy a new rug, carpet, curtains, or covers, make sure the materials are free of toxins. Cheap paints emit VOCs and other harmful chemicals, which can affect indoor air quality and make inhabitants vulnerable to chronic diseases. Thus, make sure to only opt for eco-friendly paints, which are safe for the environment and humans.

Even carpets, rugs, or other household items made of synthetic materials have been known to emit high levels of VOCs and allergens. Thus, purchase products made of organic materials only.

You cannot change your lifestyle overnight. Take baby steps to make your home sustainable with smart and eco-conscious choices. Switch to energy-efficient electronic devices, reduce plastic waste, consume less, practise minimalism, and follow the golden rule of reuse, reduce, and recycle.

II. Things You Can Do Today to Make Your House a Little "Greener"



If you're interested in upping your eco-friendliness, here are 10 simple things you can do right now to make your home more sustainable.

1. Switch to Rechargeable Batteries

Every year, Americans throw out nearly 180,000 tons of batteries — most of which are single-use. These disposable batteries may be more convenient, but they're also more wasteful and toxic to the environment. By using rechargeable batteries for your electronics, you'll contribute less waste and

save money in the long run. And when you need to dispose of rechargeable batteries, don't forget to recycle them instead of tossing them in the trash.

2. Change Your Lightbulbs

The average American household has more than 40 lightbulbs, with lighting accounting for as much as 14% of residential electricity usage. A quick way to make your home greener is switching to energy-efficient bulbs. Halogen incandescents, compact fluorescent lamps (CFLs), and light emitting diodes (LEDs) use 25 to 80 percent less energy than traditional incandescents and can last up to 25 times longer.

3. Check for Water Leaks

Leaky faucets, broken toilets, misbehaving sprinkler systems, and other similar issues waste an estimated 1 trillion gallons of water nationwide each year. To help prevent some of that waste, conduct a water audit on your home by checking the toilet tank, inspecting your washing machine, and monitoring your water bill for any charges that might indicate higher-than-usual water usage. If you notice any possible problems, fix them immediately or hire a plumber.

4. Clean Your Air Filters

Dirty or clogged air filters can damage your heating and cooling systems, aggravate allergies, reduce air flow, contaminate air quality, and increase energy usage. To keep those issues in check, monitor your filters' dirt buildup once a month and replace or clean them every three months. Set a calendar reminder on your phone to help you keep to a consistent schedule. Additionally, while disposable filters are more popular and easier to use, consider purchasing reusable filters, as they're more efficient and eco-friendly.

5. Use All-Natural Cleaning Products

Conventional cleaning supplies can contain carcinogens, toxins, and other harmful ingredients that can irritate the skin, eyes, and respiratory system. Some chemical agents can pollute your home's air or make their way into natural water sources after being rinsed down the drain. Replacing standard cleaning products with all-natural cleaners — or making your own using natural ingredients, such as white vinegar, baking soda, or castile soap — is a great way to alleviate some of those problems. You'll improve your home's air quality and help keep the planet healthier.

How To Make Your Own Eco-Friendly Cleaning Products At Home?

Commercial cleaners are user-friendly and effective, but most contain dangerous chemicals and volatile organic compounds (VOCs). They cause chronic respiratory illness in humans and animals, as they pollute indoor air.



What's more, the need of the hour is to reduce the usage of chemical cleaners because Australia generated around 7.4 million tonnes of hazardous waste, per the Hazardous Waste Report (2021). 51% of this waste ended up in landfills which is a serious issue, and you must act now to mitigate it.

If you are ending a tenancy and need to perform end of lease cleaning in Adelaide, hire professional cleaners who use organic products and energy-efficient equipment. It is a wise decision since bond cleans require heavy use of cleaning agents and tools.

Also, gradually replace commercial cleaners in your home with DIY eco-friendly cleaning products to decrease exposure to dangerous chemicals. Here's your complete guide for making your own eco-friendly cleaning products at home. Have a look.

❖ Soap Nut Liquid Concentrate

Soap nuts are naturally rich in saponin and fatty acids. You can make a liquid concentrate from these nuts to use as dishwashing soap, laundry detergent, shampoo, pet wash, hand wash, body wash and general cleaner. To make concentrate, you need to

- Crush and deseed 6 soap nuts
- Put 2 cups of water and the nuts in a pot
- Bring the contents to a boil, then simmer the flame.
- Let the concoction simmer for 20-30 minutes
- Strain the liquid in a glass jar or plastic dispenser
- Keep in fridge to increase shelf life.

Tip: Reuse the nuts for making another batch of liquid concentrate. Also, add fragrance to the concentrate by mixing 2-3 drops of essential oil before boiling.

❖ Oxalic Acid Rust & Hard Water Stains Remover

Oxalic acid is an organic compound that becomes an effective cleaning agent when mixed with hot water. It can remove rust and hard water stains from faucets, sinks, drain rings, shower heads, toilets and other areas.

To make the cleaner:

- Add a cup of hot water in a spray bottle and mix 1 teaspoon of oxalic acid crystals.
- Spray the solution on the affected area and let it dwell for 3-5 minutes before scrubbing with a brush.
- Thoroughly wash the residues with warm water and let the area air dry.

Caution: Avoid keeping the solution and discard any cloth or brush saturated with the acid. Also, like the professional cleaners who offer affordable end of lease cleaning Adelaide, always wear personal protective equipment while handling/using strong cleaners.

❖ Multi-Purpose House Cleaner

Mix 50% warm water with 50% white vinegar in a spray bottle or bucket. Add a few drops of natural liquid soap and 5-10 drops of an anti-microbial essential oil (lemon, eucalyptus, tea tree etc.). Mix the ingredients well and use this solution for cleaning countertops, floors, baseboards, windows, doors, etc.

Replace white vinegar with baking soda when cleaning natural stone surfaces like marble, granite, sandstone, or others. Professional end of lease cleaners in Adelaide don't use vinegar on such surfaces, as it can erode the porous surfaces and cause irreparable damage.

❖ **Kitchen Cleaning Paste**

Degrease, deodorise and sanitise kitchen surfaces, fixtures and appliances with a simple baking soda paste.

- Mix baking soda, water, and liquid soap in a bowl to make a runny paste.
- Apply the paste on dirty stove, oven, sink, countertops etc.
- Let it dwell for 30-45 minutes then scrub it with a damp brush in a circular motion. It is a professional trick professional end of lease cleaners in Adelaide use to agitate grime effectively and efficiently.
- Afterwards, wash the residues or wipe them with a damp microfiber cloth.

❖ **Ultimate Bathroom & Tile Cleaner**

Tiles in your home and bathroom surfaces can accumulate grime, gunk, mould, dirt and other contaminants. To tackle these issues and have sparkling tiles and bathroom:

- Use a paste of cream of tartar and 3% hydrogen peroxide.
- Apply the paste on tiles, grouts, bathtub, washbasin, floors, mirrors etc.
- Let it work for 10 minutes, then scrub it with a damp sponge in a circular motion.
- Rinse off residues with warm water or wipe them with microfiber cloths.

Hydrogen peroxide and cream of tartar are suitable for cleaning tiles and bathroom because they whiten, brighten and sanitise surfaces quickly.

❖ **Cornstarch Cleaner**

Cornstarch is a cheap and effective product that can buff and clean wood, glass, stainless steel, and other surfaces. It is a mild abrasive that won't cause scratches, swirls or surface damage.

- You can mix water and powder in equal proportions to make a slurry.

- Apply it on the affected area you want to sanitise and scrub with a sponge.
- Next, remove the residues with a damp microfiber cloth.

Commercial cleaning agents are readily available and easy to use. But they are usually toxic and harmful to the environment, humans and animals. Therefore, you must reduce their usage during general house cleaning by making the homemade and eco-friendly cleaning products mentioned above. Additionally, hire professionals for green end of lease cleaning in Adelaide since it requires excessive use of cleaners.

6. Adjust the Temperature of Your Refrigerator and Freezer

The refrigerator and freezer are two major household energy consumers, so make sure they aren't using more energy than necessary. Keep your freezer at 0 degrees F and your refrigerator between 35 and 38 degrees F. To avoid additional wasted energy, don't leave the doors open for more than a few seconds, and keep both your refrigerator and freezer at reasonably filled but not overstuffed.

7. Insulate and Seal Windows, Doors, and Walls

Crevices and leaks in exterior wall outlets, doorways, and windows result in more drafts, which leads to greater energy usage to either heat or cool your home. Fortunately, there are several simple and inexpensive ways to improve your home's insulation and cut back on wasted energy. Foam insulating pads can plug air leaks in exterior wall outlets, rope caulk can weatherproof window cracks, and weatherstripping improves the seal on doors.

8. Grow Indoor Plants

Live plants act as a natural air filter for your home, absorbing pollutants and increasing oxygen flow. Certain types of plants — including English ivy, ficuses, and spider plants — are particularly beneficial to a home's environment thanks to their air-purifying abilities. For effective air purification, place multiple indoor plants throughout your home. NASA researchers recommend keeping one potted plant per 100 square feet.

9. Unplug Electronics

Many of us leave electronics in standby mode. Unused but plugged in electronics — also known as "energy vampires" — can add more than 10% to your monthly utility bill. Get in the habit of unplugging all devices you aren't using, including smartphone chargers, game consoles, coffee makers, and televisions. Using a power strip might make it easier to toggle the power flow on and off for multiple devices.

10. Install a Programmable or Smart Thermostat

Up to half of your home's consumed energy is used for heating and cooling. A programmable thermostat helps you cut down on wasted heating or cooling when you aren't home. Smart thermostats are even more energy efficient, because they can learn your preferred temperatures and adjust when nobody is at home. Plus, with a smartphone app, you can remotely control the system, turn heat off or on, and change the temperature to conserve energy.

While a lot of these changes seem fairly small, they can have a huge impact on the planet. But don't stop here — there are plenty of other efforts you can make. Learn more about the eco-friendly benefits of home automation and sustainable living to keep improving the green factor of your home.

III. The Pros and Cons of Using Eco-friendly Cleaning Products



Eco-friendly cleaning products provide a viable alternative to the many standard products on the market. These products differ from standard products in terms of ingredients, biodegradability, and safety. When used

properly with the adequate precautions, standard cleaning products are safe. But, they can be of greater concern with pets and small children who could accidentally come into contact with them. Safety issues alone make eco-friendly products a better choice, but there are other pros as well, like biodegradability. However, like any product, eco-friendly cleaning products also have their downfalls too.



Advantages of Eco-Friendly Products

- **Increased Safety**

A disadvantage for standard cleaning products for household surfaces is that they often include toxic ingredients like ammonia, nonoxynols, methyl chloride, and more.

While these ingredients have been studied and deemed safe to the public when used appropriately, long-term contact with these products, especially when used inappropriately, can have lasting side effects. What's even more frightening is that cleaning-product companies do not have to disclose the ingredients in their products on their packaging.

Eco-friendly cleaning products, by contrast, include ingredients that are mostly natural in origin. Some of these ingredients include lactic acid, citric acid, and enzymes.

Homemade cleaning products like baking soda, vinegar, lemon juice, borax, and castile soap also share the pros of being environmentally friendly and relatively harmless.

- **Better Biodegradability**

In addition to being safe to use around young children and pets, eco-friendly cleaning products are also biodegradable. Chemicals found in standard products are not. These chemicals eventually find their way into sewer runoff or can be inhaled or unintentionally absorbed into the skin. However, most natural products are less harmful to the ecosystem, leaving less of a trace in the water and soil.

- **Less Irritation**

Cleaners with eco-friendly ingredients do not irritate the senses, skin, or respiratory system as much as chemical-laden cleaners. In fact, many natural cleaning products feature essential oils and other safe aromatic substances that make cleaning a pleasant experience. Eco-friendly products are also less likely to aggravate allergies and respiratory conditions like asthma or cause skin reactions, unless you're allergic to certain plants and oils that might be found in the ingredients.



Disadvantages

- **Cost**

There are a couple of notable disadvantages to using eco-friendly products for cleaning. Of these, cost is probably the biggest reason people continue to stick with the standard products. Products that utilize safe, natural ingredients sometimes cost more than those featuring mass-produced chemicals. Still, prices are gradually coming down as new manufacturers spring up to fill the demand consumers have for safer cleaning agents.

Another way to cut costs is to make your own cleaning products. They are easy to mix and provide many of the same antiseptic, sterilizing, and grease-cutting properties as chemical-filled products.

- **Effectiveness**

Anyone who's experienced a clogged tub drain will probably agree that chemical drain cleaners typically work better than unclogging a drain with baking soda, vinegar, and hot water. As toxic as chemicals are, they are designed to cut through stains, grease, clogs, and other substances befouling a home, and they generally do a great job. However, routine preventative cleaning with natural products nets a greater benefit than periodic use of chemical cleaners.

While using an environmentally friendly cleaner may require more elbow grease, it's hard to not see all of the advantages using an environmentally friendly cleaner brings.

IV. Painless Changes You Can Make for a Greener Home



When it comes to making eco-friendly changes, there's no need to get overwhelmed at the thought of doing a complete lifestyle overhaul. Sometimes, the smallest little swaps to your routine or tiny tweaks to a daily habit is all it takes to reduce your carbon footprint, protect against toxins, and leave the Earth a little better than you found it. It's all about baby steps, right? Here are a few things you can do at home that require minimal time, effort, or money, but really add up to make a difference in the long run. Read

up on some of the best, lowest-lift ways you can make your home a little greener—for you, your family, and the environment.

❖ **Go Easy on the Plastic**

Whether you switch from buying plastic water bottles to using a filtered water pitcher; ditch single-use plastic sandwich and shopping bags; or get serious about recycling properly, changing your household habits around plastic consumption and disposal can make a huge difference. Going completely plastic-free is not easy—and not always an option. But start with something small that you can stick to that helps cut down on plastic waste and pollution. For example, maybe you start carrying around a refillable water bottle or bring your own reusable totes to the grocery store.

❖ **Swap Household Cleaners**

Switching to green cleaners reduces air pollution both indoors and out, minimizing exposure to both asthma and allergy triggers, as well as chemicals that can be harmful to your health. Look for all-natural or plant-based products from companies that have a complete list of ingredients on their labels and are stamped with eco-friendly certifications (here's how to decode green cleaning labels so you can buy the best products).

❖ **Go Meatless on Mondays**

Enjoying a hearty pasta dish or warming vegetarian soup on Mondays might not seem like a big deal, but adding one meat-free meal per week can reduce your meat consumption by about 15 percent, helping to do your part in cutting down on the associated environmental impact of meat farming, production, and distribution. One environmental impact analysis from 2017 found that an omnivore's diet had the greatest impact in terms of three different factors: carbon footprint (greenhouse gas emissions), the water footprint (consumption of water resources), and the ecological footprint (amount of biologically productive land/sea needed to produce a unit of food product). Raising livestock requires immense amounts of water and land consumption, and produces a large amount of greenhouse gases. Going meat-free, even one night per week, can make a difference.

❖ **Shop for Sustainably-Raised Meat**

While sustainable isn't a term certified by the USDA like "organic" is, it generally means that the animal was given ample room to roam, fed grass instead of feed, and wasn't treated with hormones or antibiotics. Look for

labels like free-range and USDA organic, which means the animals were raised in accordance with federal guidelines, "in living conditions accommodating their natural behaviors (like the ability to graze on pasture), fed 100 percent organic feed and forage, and not administered antibiotics or hormones," according to the USDA.

❖ **Upgrade Your Insulation**

Adding proper insulation to prevent leaky ducts, walls, windows, and doors can improve your home's energy draw, save you a few hundred bucks on your energy bill, and also up your home's value. If totally redoing your insulation isn't in your budget, try thermal shades, which block the sun in the summer and retain heat in the winter, or even something as low-tech as a draft guard on your outside doors.

❖ **Leave Your Shoes at the Door**

Think of removing your shoes when you enter a home as the equivalent of washing your hands. First, it couldn't be easier. And second, it prevents the outside gunk like car exhaust, chemicals, and pesticides from being tracked all over your home. Adopting this daily habit is about as painless as it gets.

❖ **Microwave Glass, Never Plastic**

Heating plastics can cause leaching into food and many contain hormone-disrupting compounds (not just the much maligned versions made with bisphenol-A or BPA). Plastics that are labeled "microwave-safe" can simply withstand a higher temperature before losing their shape. So when popping anything in the microwave, opt for glass or microwave-safe ceramics.

❖ **Donate, Don't Toss**

Donating clothing reduces waste, prevents greenhouse gas emissions from clothing that would sit in a landfill, and gives your goods a second life with someone who'll appreciate them. When you can, take gently used items to a thrift store, local donation drop site, or other charity that accepts contributions. Here are the best ways to declutter and donate still-usable items.

❖ **Choose Safe Pots and Pans**

The materials you cook with do have an impact on your food. The three safest options are cast iron, enamel-coated cast iron, and stainless steel. Non-stick pans, while convenient, can be problematic if you scrape the coating and it

gets into your food. If you do use non-stick cookware (because, let's be real, it takes all the hassle out of omelettes and stir-fry), follow these tips for safe, toxin-free cooking.

❖ **Select Fragrance-Free Products**

Conventional fragrances often contain synthetically-derived compounds and chemicals believed to disrupt hormones and be hazardous to the environment. If you like scented soaps, cleaning products, or cosmetics, read labels to find those scented naturally with essential oils. Otherwise, check the labels. Look for products labeled "fragrance-free"; avoid products that have "fragrance," "scent," "parfum," or even "unscented" (which may still contain synthetic masking or neutralizing scents) on the ingredient labels. You can also look for the Safer Choice label, which verifies that it complies with the EPA's standards for fragrance-free products.

❖ **Reduce Use of Bug Sprays and Pesticides**

To control pests, prevention is your best bet. Keeping your kitchen crumb-free and sealing any holes in the walls or cracks in the foundation means you won't have to use harmful chemicals in your home. If you do require pest-control, reach for greener alternatives or home remedies first.

V. The Final Words

There are so many ways how you can make your home more eco-friendly. In every room of your house, there is plenty to do in order to improve your ecological footprint.

I have to admit that it is initially plenty of work.

However, you should consider what it really means to improve your ecological footprint.

It means that you can improve the living conditions of millions of people worldwide.

Thus, always remember that we in our Western world are the people who have the power but also the great responsibility for our planet.

Always keep that in mind when you make decisions that could protect or also destroy our planet!

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