

SUSTAINABLE LIVING IDEAS FOR AN ECO- FRIENDLY HOME



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Abstract

Embracing sustainable living is a conscientious choice that extends beyond individual actions to positively impact the environment. Transforming your home into an eco-friendly haven involves adopting various sustainable living ideas. Start by incorporating energy-efficient appliances and light fixtures, reducing your carbon footprint while cutting down on utility costs. Utilize eco-friendly building materials and invest in proper insulation to enhance energy efficiency. Embrace a minimalist lifestyle by opting for multi-functional furniture and decluttering, promoting a mindful and sustainable approach to consumption. Harvest rainwater for landscaping and invest in low-flow plumbing fixtures to conserve water resources.



1. Introduction

Adopting sustainable living practices for an eco-friendly home involves a holistic approach that extends to various aspects of daily life. Consider incorporating smart home technologies to optimize energy usage and enhance efficiency. Implement a robust recycling system to minimize waste and encourage the use of recycled and upcycled materials in home decor and furnishings in Canberra. Choose energy-efficient windows and invest in proper insulation to regulate indoor temperatures naturally. Foster a culture of reusability by opting for reusable products instead of single-use items, reducing overall environmental impact.

2. Simple Sustainable Habits You Need To Adopt



1. Use cloth napkins. You can save hundreds of dollars a year if you stop using paper napkins. Same goes for paper towels.
2. Use both sides of the paper. Unless you're presenting a document to someone, copy on both sides.
3. Bottle your own water. By using a water filter and stainless steel or glass bottles you can save money and keep plastic bottles out of the landfills.
4. Take a shower, not a bath. And shorten your shower time to save water and energy costs.
5. Turn off lights. We've been told this growing up, and it really does help!
6. Turn off the water when you brush your teeth. Again, something we're told as kids that just makes sense.
7. Plant a tree. Trees use carbon dioxide and create oxygen. Plant a few while you're at it!
8. Get a tune-up. Your car will run better, use less fuel and produce less emissions when properly tuned.
9. Convert to CNG or propane. If you can, convert your vehicle to compressed natural gas or propane. Both will save you money at the pump and run cleaner, so it saves your engine life and produces fewer emissions.

10. Buy local. When you buy local produce you save money in shipping costs, get fresher produce, and support local farmers. Same goes for eggs, milk and even lumber!

11. Keep thermostats moderate. No one wants to walk into a freezing house when it's 90 outside, nor do they want to broil if the house is too warm. Keep your thermostat at 74° in the summer and 62° in the winter. Better yet, use fans instead of air conditioning.

12. Bring your own coffee cup. I work at a coffee shop at a local college. Every day I see the same kids come in and get paper cups with their coffee. At the 50¢ we charge for a cup, that's \$2.50 saved for the week, not to mention landfill waste. The cups are compostable, but the lids aren't. It adds up.

13. Group activities. Run errands, get groceries, and carpool to soccer games together. You'll save on gas... and frustration too.

14. Ride your bike. Gym membership? Nah. Save your money and get in shape by riding your bicycle more often.

15. Unplug appliances when not in use. Even plugged in but turned off, appliances can drain electricity. A computer that's turned off can save you about 40 watts a day, or about 4¢. Over a year, that adds up to \$14.00. While that's not much, it's only one thing you can save on.

16. Don't pre-rinse your dishes. You'll save 20 gallons of water by just putting your dishes through a normal wash cycle.

17. Don't preheat your oven. Most ovens bake food just fine without preheating, which wastes energy.

18. Use a "solar" clothes dryer. Yep, hang them out to dry. My family did it out of necessity when I was young because we didn't have a dryer. Now we do it to save energy, and it leaves laundry smelling great too.

19. Use cold water when you wash clothes. Most detergents will wash just fine in cold water.

20. Replace your appliances with energy star rated ones. When it's time for the refrigerator to go, get a more energy efficient one.

21. Stop cutting your lawn, or don't cut so close. Let your lawn grow out a bit. It'll save on gas and you won't have to water as much.

22. Recycle your cell phone. Approximately 130 million cell phones are replaced every year. Donate yours to a local women's shelter or another charitable location. Even with no service, a charged cell phone can dial 911 in an emergency.

23. Telecommute. Work from home if you can.

24. Use matches, not lighters. These can contribute significantly to waste.

25. Stop using plastic bags. Bring your own reusable shopping bags. This brand folds up into a tiny pouch, making them perfect for storing in your car or purse! You can also make your own reusable food wrap.

3. Reduce Plastic Waste At Home



Whether you're planning to participate in Plastic Free July or just want to reduce the amount of plastic you use at home in Canberra, there's always an alternative to using single-use plastics (and plastic in general).

"It's easy to feel overwhelmed when you begin looking at how you can reduce your plastic use," says Niccii Kugler, founder of Nash + Banks, an ethical and eco-friendly online marketplace. "Start by focusing on one area at a time, for example your bathroom, and start by phasing eco-friendly options in next time you need to replace an item."

"A good place to start is by replacing your everyday plastic items with those that can be thrown into your home compost after use. There are compostable alternatives for everything from toothbrush handles to iPhone cases," she adds.

Ready to rid your home of plastic? Here are some simple ways to reduce your plastic footprint and make more sustainable choices.

1. STOP USING PLASTIC BAGS WHEN SHOPPING

"The kitchen, and specifically the pantry, accounts for a huge amount of single-use plastic. Keep a set of reusable shopping bags handy in your car for food shopping and grab your fruit and veg "naked" to avoid using unnecessary plastic bags on fresh produce. You can go that step further by shopping with your own reusable containers for pantry staples like pasta, legumes and nuts at bulk food stores."

2. STOP BUYING 'HALVES' OF FRUIT AND VEG

"Half a melon, pumpkin (squash), cauliflower, cabbage or papaya means plastic wrap. Buy them whole and get a little recipe inspiration to ensure you use them all up over the week. You could roast half your cauliflower with turmeric and olive oil, served with pomegranate and goat's curd; then blitz the other half into a puree with coconut milk and sea salt. Different textures and flavours means not getting bored!"

3. OPT FOR GLASS OR REUSABLE PLASTICS



"Stop buying convenient 'squeeze-tops' for products like tomato sauce, honey and mayo. Choose a glass jar or make your condiments yourself. You can grab a teaspoon and take out what you need. You can reuse the glass jars for pantry items, storing stock and so on."

Love the taste of bottled water? Another simple way to nix the single-use plastic is with a filtration jug which reduces chlorine, metals and pesticides from tap water resulting in pure tasting water minus the plastic. Not only will your tea, coffee and drinking water taste better, you'll be helping the environment and your hip pocket as, in the case of the BRITA water filter jug, each recyclable cartridge can filter about 100 litres of tap water, which eliminates the need for up to 100 one-litre single-use plastic bottles!

4. DITCH THE PLASTIC WRAP

"You can get reusable bowl covers, beeswax wraps, silicone bowl covers, or just pop a plate over the bowl. It's one of those things that you just don't need to replace when you're out next time. You'll soon see you really didn't need it. I have a few tiny glass containers or jars for little things like half a lemon, opened goat's cheese and so on."

5. BACK TO BAR SOAP

"Choose packaging-free, solid beauty products wherever you can. I love NueBar's range of shampoos, conditioners, face washes, body washes and exfoliators. They are also palm oil-free, handmade, vegan and cruelty-free, so they tick a lot of other boxes too."

6. REUSABLE RAZORS



"Billions of disposable plastic razors end up in landfill every year. A reusable safety razor is a one-off investment that will also save you money in the long run. The razor itself will last forever and the replacement blades are inexpensive and recyclable. Aussie brand Kappi does a range of safety razors that look amazing in your bathroom in matte black, rose gold and gold."

7. SLEEP IN NATURAL FIBRES

"Bedding is a great place to start in the bedroom. Consider the materials that you are choosing. Synthetic fibres shed microplastics into the water supply each time you wash them. Choose quality natural fabrics like certified organic cotton, linen or bamboo for sheets and doona covers and look at what pillows and cushions are filled with too. Choosing to support brands that have made a commitment to plastic-free packaging, from swing tags to compostable mailers, is another step in the right direction."

8. WATCH WHAT YOU WEAR

Have you ever thought about how the clothes you wear impact the environment? From production to postage, plastic is used in the creation and distribution of clothing and textiles, with much of it ending up in landfill or in our oceans.

Thankfully, many brands have made the switch to compostable mailing bags for online orders, but it's not just the packaging that's concerning, it's the materials and procedures used to make clothes.

Choosing to support and shop from clothing brands who are committed to minimising their ecological footprint, is the first step towards a more sustainable wardrobe. Good On You, is an Australian-founded company dedicated to helping consumers make ethical and sustainable choices when purchasing clothes. If you want to find out how a brand you love rates in terms of sustainability, check out their Brand Directory where they give clothing companies a score broken down into categories: Planet, People, Animals.

4. Reduce your energy bills



This guide is about the choices available for you to lower your energy bills. Every household situation is different and the changes for each household will be different.

The guide has been designed to give you the big picture as well as the nitty-gritty facts on energy consumption so you can make better choices starting today.

There are 3 main steps to start saving.

1. Get informed

Get a better understanding of your energy bills and the key home and lifestyle factors that affect them.

2. Get organised

Manage your energy use and identify energy hot spots around the home so you know where to start.

3. Get moving

Compare electricity and gas retailers in your area and decide whether time-of-use pricing, off-peak hot water, and smart meters are for you. Select energy-efficient appliances and consider solar PV and battery storage for your home in Canberra.

Read more about these steps below.

Understand your energy bill

Understanding your energy bill including all the fine print will help you to assess your energy use patterns so you can begin to make changes and savings around the home.

Costs that make up your bill

There are many costs involved in providing electricity and gas to your home in Canberra. These costs and their relative contribution to the total amount payable are not provided in detail on most energy bills.

Retail

Retail costs include administrative services, such as account and billing management, and customer support.

- Wholesale
- Wholesale costs are payments to the wholesalers (energy generators).

- Network

Network costs are payments to the electricity and gas distributors who build and maintain infrastructure (poles wires and gas pipes) that bring energy to your home. Network costs make up about half of total electricity costs.

What is on your energy bill



Electricity retailers generally bill you in 2 ways — via fixed charges and variable charges.

The fixed charge is a flat daily fee for your electricity connection. It will be separately identified on your bill and is often called the 'daily supply' or 'service to property' charge.

The variable charge is the amount you pay for each unit of electricity and gas you use. It may be referred to as the 'consumption' or 'usage' charge. Some bills might show more than one variable charge. For example, a time-of-use plan might have different charges for different time periods usually called peak, shoulder and off-peak.

Energy Made Easy has more information about what's on your energy bill as well as:

- sample electricity and gas bills
- what to do if you think your bill is wrong
- what to do if you have trouble paying your bill.

Remember that retailers set out their bills differently and may provide slightly different information. Contact your retailer or check out their website if you need further help understanding your bill.

Key factors affecting your energy bill

A range of factors determine the amount of energy used in individual households, including:

- your local climate
- the size of your home and whether it's a townhouse, apartment or freestanding
- the design of your home including its orientation and use of passive heating and cooling in Canberra
- features and appliances including the size, number and energy efficiency of major appliances
- habits and personal preferences.
- Take advantage of local conditions to make your home function as efficiently as possible. Look at our tips for heating and cooling to get some ideas.
- The most effective time to consider energy and water efficiency is while planning changes to your home or building a new one.

Manage your energy use

These steps will help you manage your energy use and prioritise actions that might reduce costs:

- Do some simple comparisons
- Comparing your energy use to the same period in the previous year gives a picture of your energy consumption in different seasons. If your use is higher in winter or summer, look into the reasons why and options for reducing it.
- Consider the times of day when you use the most energy
- The times of day when you use the most energy will be an important guide in selecting the right energy contract. Are you home during the day or does your family arrive home together and turn on heating/cooling and appliances?
- Move away from peak times

- Some contracts will reward energy use outside the peak times (usually 10pm til 7am). Running your washing machine late at night is one example of changes you can make.

Take action at home

Consider these options to reduce your energy costs in winter:

- Use thicker bedding so you don't need to leave heating on overnight.
- Only heat the rooms you are using.
- Open your curtains when the sun is shining and close them before it gets dark.
- If your ceiling fan has a reversing switch, use it to circulate warm air throughout the room.
- Block draughts and cracks with window and door seals.
- Avoid using the shower to get warm (aim for a 4-minute shower).
- Turn off appliances not in use (such as TVs, computers and consoles) at the power point.
- Consider these options to reduce your energy costs in summer:
- Opt for fans instead of turning on the air conditioner.
- Reduce heat from direct sunlight by using shade on windows (especially north and west facing).
- When temperatures drop outside, open windows or doors on opposite sides of the room.
- Block draughts and cracks with window and door seals.
- Use the dishwasher or washing machine when its cooler and avoid using the oven in the hottest part of the day.
- If you own a pool, invest in a more energy-efficient dual, multi or variable-speed pump and run it during off-peak hours.
- If you use gas or electric heating for your pool, consider switching to solar or a heat pump and remember to use a pool cover.

4.1. Best Residential Uses for Solar Energy



Solar energy—harvesting the power of the sun through the use of photo-electric panels or other collection techniques—is no longer just a "Green Dream" or a concept that universities and businesses experiment with. Today, there are practical ways that you can make use of solar energy in your home in Canberra. As with any technological advancement, there are investment costs to consider, but more and more homeowners are beginning to make everyday use of this most basic source of renewable energy.

"Going solar" no longer means that you have to invest tens of thousands of dollars to cover your roof with solar panels (though you can still do that if you're really serious about renewable energy). There are now a variety of stand-alone solar-powered devices that serve essential practical purposes, as well as DIY- friendly solar panel kits let just about anyone create a small solar system for custom uses.

Solar Powered Ventilation Fans

Ventilation fans of any type are a good idea since they help reduce cooling costs by exhausting hot air from attic spaces and other areas. Traditionally, these exhaust fans are wired into household electrical current, which somewhat defeats the energy-saving purpose. Now, however, you can buy self-contained roof vent fans that feature a small panel of photo-electric cells that operate the fan motor with no need for household electrical current at all. Small roof-mounted units are perfect for keeping a garage, shed, doghouse, or chicken coop cool in the summer. There are also free-standing solar-powered fans you can use on a patio, patio, or kids' play area.

Solar Heating for Your Swimming Pool

Swimming pools are one of the greatest joys of summer for children and parents alike. Everyone is excited the first day the pool is opened—except when the pool is just too cold to

jump into it. To fix that problem, you can add a solar blanket that will warm the water. The basic floating blanket is a passive heating device that works simply by absorbing the sun's heat and transmitting it to the water.

However, if you want to get a little more high-tech, you can also install a full-fledged solar water heating system. This utilizes solar heating panels that are mounted on your roof to collect the sun's heat, which is transmitted to the water through a series of tubes looping through the panels. As the water is slowly circulated from the pool up through the solar heating panels and back to the pool, the water temperature in the pool is gradually increased.

Solar Water Heater

There are two types of solar systems that can be used to replace traditional water heaters powered by gas or electricity. Active solar hot water systems make use of mechanical circulating pumps that circulate water or another fluid from rooftop heat collection panels down into a storage tank. Passive hot water systems have no mechanical pump components, operating by the simple physics of heat naturally rising.

Active Water Heater Systems



There are two types of active solar water heating systems:

Direct circulation systems have a pump that circulates household water through solar collectors and into the home in Canberra. These systems work well in climates where it never freezes.

Indirect circulation systems make use of a non-freezing liquid that circulates through the solar collectors to a heat exchanger, where the energy is transferred to the water that then flows into the home. These systems are commonly used in climates where there are freezing temperatures.

Passive Water Heater Systems

Passive solar water heating systems are considerably cheaper than active systems, but they're usually less efficient. There are two basic types of passive systems:

Integral collector-storage passive systems are used more often in regions that rarely see freezing temperatures. These systems work well in homes where hot water needs are substantial. In these systems, the solar collector is integrated right into the water storage tank. The sun heats the water storage tank much the way a room gets warmer when the sun shines directly on its windows.

Thermosiphon systems use a design in which the solar collector is positioned lower than the storage tank. As the collector heats the water, it naturally rises into the storage tank. Installation must be careful since the heavy tanks are typically installed on the roof.

Obviously, there can be a substantial investment in installing a solar water heater. Yet doing the math may prove that it is a cost-effective idea when you calculate the energy costs of operating a standard water heater over 20 years or more.

Solar House Heating



The energy of the sun can also be used to heat an entire home in one of two ways in Canberra. These are systems for the homeowner truly serious about renewable energy, as they involve a substantial investment.

Hot Water Solar Systems

Whole-house hot water systems are the big-scale version of the same kind of solar system that can replace the water heater providing hot water to faucets. Like that system, whole-house heating systems use solar collector panels to heat water that circulates through tubing lacing through the collector panels. But rather than being stored in a relatively small tank for use in plumbing fixtures, this hot water is also circulated through piping that provides warmth to radiators or radiant flooring tubing through the entire home in Canberra. These systems often serve both purposes: heating water for use at faucets, as well as providing whole-house heating.

These are big-scale systems that use quite large solar collector panels on the roof and sophisticated tanks and circulation technology. Solar hot water heating systems are more commonly used in businesses, but they are also an option for residential use.

Hot Air Solar Systems

There are also full-house heating systems that use hot air rather than water or another liquid as the medium for moving warmth around the house. These systems work by gathering the air that has been heated by the sun beating down on a roof or an exposed wall, and circulating it through the home. For example, clay roof tiles may have air channels built into them that allow the warmed air to circulate.

Houses that use hot air solar heating often have roof or siding surfaces designed to absorb heat. Many systems have some form of a powered circulating fan to distribute warm air. These systems are often designed to heat single rooms only. You can see this type of system as a much more sophisticated version of the old-fashioned sunroom, which was kept warm by sunlight beating down through large windows and heating up a stone or ceramic tile floor.

5. Go Green with Your Cleaning Routine

As "green" cleaning becomes increasingly popular, more and more eco-friendly products are lining the shelves at retailers. Not only are they better for the environment, but cleaning products sans harsh chemicals and fragrances are also safer to use around children and pets, as well as anyone in your household with sensitive skin (or a sensitive sniffer). "We know products designed from renewable plant-based ingredients are a sustainable, healthy

solution for not only consumers' homes, but for the community and environment outside of it," says Brandi Thomas, spokesperson for the eco-friendly brand Seventh Generation. Plus, swapping single-use products and disposable packaging for reusable alternatives can cut down on your household waste and cost less money in the long run.



If you're ready to dip into the green cleaning movement, try incorporating one or two of these sustainable swaps into your rotation. As you add more eco-friendly habits into your cleaning routine, notice the difference in your household waste, indoor air quality, and overall health of your home. Start with these simple strategies to see how easy it can be to go green with your cleaning routine.

1. Swap plastic bottles for glass.

Break the cycle of continuously buying plastic bottles by choosing cleaners packaged in reusable containers. You can now find all sorts of cleaning products in glass spray bottles, many of which come with a silicone cover to prevent any slips or tumbles. Not only does this reduce plastic usage and your household's carbon footprint, but it can also cost less over time. Because you only have to pay for the glass container once, any subsequent refills are typically less expensive.

2. Opt for reusable cleaning cloths.

Toss your cleaning cloths into the washing machine rather than the garbage can. Consider using reusable cloth rags to wipe down surfaces in place of paper towels or single-use cleaning wipes. Microfiber cloths work especially well for polishing surfaces and trapping dirt or dust. Plus, they dry quickly, too. After wiping down your surfaces, simply throw the cloth into the washing machine so you can reuse it again and again.

3. Try homemade cleaning solutions.



Leave harsh cleaners behind in favor of solutions you can make at home in Canberra. For many cleaning jobs, you can use ingredients that are already in your fridge or pantry, such as baking soda, white vinegar, salt, and lemons. For example, try spraying your showerhead periodically with a solution of one part distilled white vinegar and one part water. This homemade cleaning solution can help dissolve limescale deposit buildup and restore shine to your showerhead.

4. Switch to eco-friendly laundry detergent.

Laundry detergent doesn't need to be a bright color or highly scented to get your clothes clean. For a more sustainable cycle, look for laundry products that are free from artificial fragrances and dyes, as these are often the culprits behind skin irritation and allergies. Additionally, be sure to inspect labels for potentially harmful chemicals, such as formaldehyde, phosphates, and dioxane.

5. Repurpose old toothbrushes.

Instead of tossing out old toothbrushes, save them for cleaning surfaces around the house. These narrow brushes are great for cleaning hard-to-reach spots, such as the grout lines between tiles and around the edges of tubs and faucets. You can also use toothbrushes for scrubbing rubber soles on shoes, cleaning stubborn dust on air vents, and lifting small stains

on rugs or carpets. Just be sure the ones you use for cleaning are well-labeled or stored in a different area than your regular toothbrush.

6. Switch to natural sponges.

Typically made of synthetic materials, most sponges need to be tossed in the garbage when you're done using them. For a more sustainable solution, switch to sponges made from natural, biodegradable materials such as cellulose or cotton fibers. These work just as well as conventional sponges but can be cut up and tossed in with your compost at the end of their lifespan.

7. Substitute dryer sheets for a reusable alternative.

In place of single-use dryer sheets, try throwing Better Homes & Gardens wool dryer balls (\$12, Walmart) into your laundry routine. This reusable swap helps reduce wrinkles, catches pet hair and lint, and can even dry your clothing faster than dryer sheets. Although they can be pricier than dryer sheets upfront, a single set of dryer balls can last for a few years, so you'll save money over time. Tip: Add a few drops of essential oil to each dryer ball for a fresh boost of scent.

5.1. The Environmental Impact Of Cleaning Products

Markets are saturated with user-friendly, efficient and effective cleaning products designed to make house cleaning stress-free. While these products are handy, they are laden with a multitude of chemicals, out of which not all are eco-friendly.



Chemicals like formaldehyde, glycol ethers, parabens, phthalates and many more are known to cause cancer, disrupt hormones, distress respiratory tracts and lead to various other health issues in humans and animals. Furthermore, commercial cleaners, although useful, have an adverse impact on the planet.

You should use them with caution for routine house cleaning or end-of-lease cleaning in Canberra. Whether you use store-bought cleaners daily or weekly, everyone will contain at least 2-3 toxic ingredients.

Therefore, the need of the hour is to understand the environmental impact of cleaning products. Here is your complete guide outlining ingredients to avoid in cleaners, the impact these cleaners have on the planet and how to make natural cleaning solutions.

Don't Buy Cleaners With Toxic Ingredients

Commercial cleaners with toxic ingredients dominate the markets, and most people end up buying them due to their ready availability. However, many brands manufacture green and natural cleaners without harmful chemicals. Thus, if you want to buy house cleaning products consciously, avoid buying ones with the following ingredients.

- Perchloroethylene or "PERC"
- Triclosan
- Quarternary Ammonium Compounds, or "QUATS"
- Ammonia
- Chlorine
- Sodium hydroxide or hypochlorite
- Triclosan & aerosols

These are just a few common examples of harmful chemicals. Look out for products with minimum ingredients, especially when you will use the cleaners extensively, like when performing end of lease cleaning in Canberra, spring cleaning, etc.

How Cleaning Products Impact The Environment

Most toxins found in cleaning products are dangerous and non-biodegradable. Therefore, once they leech into water or land, they remain there for months and even years. Cleaning products manufactured with harmful toxins cause air, land and water pollution.

When you use these products to wash household surfaces/fixtures during routine home sanitation or end-of-lease cleaning in Canberra, they are flushed through drains connected to local waterways. Through this introduction, they leech into soil and water in your area. Irresponsible dumping of cleaning chemicals also aggravates this problem.

What's more, most commercial cleaners contain volatile organic compounds (VOCs) that permeate the air where they are used. Hence, they pollute your home's indoor air in Canberra and also the outdoor environment when applied in large quantities.

Natural Cleaners You Can Make At Home



You don't have to use commercial cleaners if you don't want to, as you can make various cleaners at home in Canberra with natural and non-toxic ingredients. To get started, try the following recipes for homemade green cleaning products. You can use these products for end-of-lease cleaning in Canberra or general house cleaning.

1. Make A Versatile Home Cleaner

In a spray bottle, mix cleaning vinegar and warm water in equal proportions. To this, add a tablespoon of castile soap liquid and a few drops of lemon, tea tree or lemongrass essential oil. Mix the solution well and spray it on surfaces/fixtures you want to clean. Scrub gently with a sponge if the area has spots, dirt and grime or simply wipe the cleaner with a microfiber cloth. This is an effective cleaning solution for different surfaces in your home.

2. Use Hydrogen Peroxide As An Alternative To Bleach

Do you have an unexplainable habit of using bleach to clean and sanitise everything in your home? Give up this habit by replacing hydrogen peroxide with bleach. Mix the solution in the same quantity as water and sanitise almost any household surface. To increase its

strength, make a paste of baking soda and hydrogen peroxide to tackle stubborn and old build-ups or stains especially while cleaning tiles and grouts.

Caution: Don't let any solution or paste with hydrogen peroxide stay on a surface longer than 10 minutes, as it can bleach and discolour the surface.

3. Concoct A Soap Nut Concentrate

Do you know soap nuts are perfect for making dishwasher, laundry detergent, surface cleaner and more? Make a simple soap concentrate by putting 10-15 soap nuts in a porous gunny bag. Drop this bag in a litre of water in a pan and boil until the water volume reduces to half. To add fragrance to the concentrate, add a few drops of essential oil and store the liquid soap in a glass jar. Use it to wash and clean any surfaces, fixtures or objects in your home in Canberra.

4. Squeeze Lemon Juice To Remove Stains And Grime

Lemons contain citric acid, which acts on protein and fat bonds of stains and grime in the kitchen. What's more, it reacts with different stains to break build-up and makes them easier to wash away. Therefore, squeeze the juice of 10-15 lemons and keep the concentrate handy to spray on kitchen build-up, bathroom stains and general house messes.

5. Scour With Baking Soda



Instead of buying scouring products with dangerous chemicals, simply get baking soda in bulk. Baking soda is a natural and effective cleaner with fine particles that act as abrasive agents. Apply baking soda on a damp sponge and scrub any surface to clean and shine it instantly. Wipe the surface with a microfibre cloth afterwards.

Conclusion

In conclusion, the journey towards an eco-friendly home through sustainable living involves mindful choices and intentional practices that extend across various aspects of daily living. From energy efficiency and waste reduction to conscious consumer decisions and embracing plant-based lifestyles, each choice contributes to a more environmentally responsible and sustainable way of life in Canberra. By adopting these practices, not only do we create a healthier and greener living space, but we also actively participate in the collective effort to preserve and protect our planet for future generations. Sustainable living is a commitment that transcends the confines of our homes, fostering a harmonious relationship with the environment and paving the way for a more sustainable and resilient future.

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