

A Guide to Eco-Friendly Habits for Your House



Abstract

This guide aims to provide practical insights into adopting eco-friendly habits within the household, offering a roadmap for individuals eager to contribute to a sustainable and environmentally conscious lifestyle. Focused on simplicity and effectiveness, the guide covers various aspects of daily living, including energy efficiency, water conservation, waste reduction, sustainable shopping, gardening practices, and mindful cleaning and decorating strategies. By offering easy-to-follow tips, this guide empowers readers to make informed choices that positively impact the environment while creating a healthier and more sustainable living space. Through small, achievable steps, individuals can collectively make a significant difference in fostering a greener and more harmonious planet.

This guide is all about simple ways to make your home more eco-friendly. You can help the Earth and make your home healthier by doing a few easy things. This will show you practical tips that anyone can do. Let's get started on making your home more green and happy!

Why Eco-Friendly Living Matters?



Do you know where the world is heading to? What kind of Earth will your generation inherit? And how can you save it from climatic degradation?

Rapid industrialisation and increasing population lead to an imminent presence of greenhouse gases in the environment. Our climate is getting hotter and hottest every year with rising average surface temperature,

The UN chief, Mr Guterres, highlighted some crucial forecasts. He stated, “We are on a pathway to global warming of more than double the 1.5-degree (Celsius, or 2.7-degrees Fahrenheit) limit”.

Not only this, IPCC have issued several warnings and predictions encouraging humans to take initiatives to save the Earth. Moreover, the Global Risks Report 2021 of The World Economic

Forum (WEF) underlined some highest impact risks of the next decade. The report mentioned issues like climate action failure, infectious diseases, human environmental damage, and many other life-threatening diseases.

Becoming environmentally conscious is a need of time. You need to plan an eco-friendly lifestyle to live healthier, happier and longer while protecting your planet. In this article, we descriptively cover the key benefits of eco living.

Environmental benefits of an eco friendly lifestyle

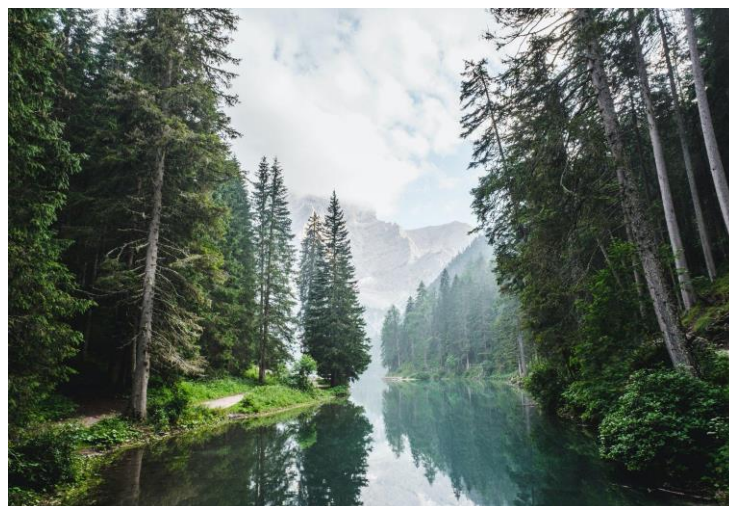
An eco-friendly lifestyle is about staying healthy and prioritising to keep the environment clean. You need to be self-aware and accountable for your decisions and actions as to how it affects the environment. Reducing pollution, conserving natural resources and protecting wildlife should be considered a great responsibility. So, let's begin reading to unlock the valuable benefits of an eco-friendly lifestyle.

★ LESS PLASTIC WASTE

In the US, the volume of plastic waste amounted to nearly 1.37 billion pounds by 2020. One of the benefits of an eco-friendly lifestyle is how you contribute to generating less plastic waste. You can switch to using paper bags or cotton sacks instead of plastic shopping. Buy products available in boxes instead of bottles. Reuse containers, reuse bottles, use matches instead of lighters and avoid frozen food as they are preserved in plastic bags. Most importantly, use cloth instead of disposable diapers.

These simple practices save the planet from landfills, and harmful toxins (released into land, air and sea), while protecting wildlife and the endangered ones.

★ LOWER CARBON FOOTPRINT



Household energy, food consumption and transportation are the main contributors to produce carbon footprint leading to human-induced climate changes. Leading to toxic and acidic rain, it's been melting the glaciers and polar ice. The air you breathe is rich with acidic compounds. However, there is a lot you can do to help lower the adverse effects. Organisations like Plant for the Planet, and Trees For the Future aim to protect Earth through plantations. The International Tree Foundation has successfully preserved a vast area of tropical rainforest in the Amazon.

Furthermore, where plantations are benefitting there are other measures that hold equal significance for restoring the climatic changes. You should switch to electric cars instead of gasoline cars. Save power consumption, replace incandescent light bulbs with LEDs, reduce your trash output and avoid wasting food.

★ **LESS ENERGY CONSUMPTION**

An eco-friendly lifestyle helps you ensure efficient energy consumption. It implies using gas, electricity and any other form of energy. Install a programmable thermostat to avoid wasting energy and use a cooling or heating system.

Secondly, you must purchase energy-efficient appliances and reduce water heating expenses. Moreover, insulating your home impacts energy consumption. Upgrade your home appliances, and keep them fully maintained to avoid unnecessary consumption. You can even use natural daylight to perform usual chores.

★ **LESS WATER WASTE**

Next to air, water comes as the most important element to preserve natural life. One of the vital benefits of an eco-friendly lifestyle is how it teaches an individual to stay conscious about water consumption. Water is a finite commodity and if not managed properly the world will be left in drought.

You must fix taps and flushing tanks to save water leakages. Never flush away cigarette butts or tissue. Take a shorter shower and do not leave the tap running while brushing your teeth or scrubbing your face and body. Moreover, it's best to install water-saving showerheads or use tubs to take a bath.

★ **BETTER PLANET FOR FUTURE GENERATIONS**

Managing forests, grasslands, coral reefs and rivers in sustainable ways makes them resilient and enhances the absorption of greenhouse gases, which saves the climate. Hence, make it a habit and an aim to plant trees wherever you can. Trees, Water & People, the Fort Collins, Colorado-based organisation gives a chance to volunteer to contribute to planting trees. They have planted over 600 thousand trees within four years.

Tree People is yet another organisation with whom you can plant trees and enjoy a wonderful experience. Many organisations are tirelessly working day in and day out to bring about a change. Names like American Forests, Eden Reforestation Projects and Arbor Day Foundation are the leading ones.

Psychological benefits of an eco friendly lifestyle



Eco-anxiety is prevailing among people. The American Psychological Association described it as “the chronic fear of environmental doom”. Around 29% of Americans are found alarmed about the rapid climate changes resulting in experiencing eco-anxiety, as per Yale Program on Climate Change Communication’s study of 2018. Here are the six-point scale indicating the most worrying options.

However, the psychological benefits of an eco-friendly lifestyle can help combat the growing eco anxiety people face. Below mentioned are some benefits bundled with easy-to-follow practices.

★ BETTER COPING MECHANISMS WITH ECO ANXIETY

Although climate change is not in your control, there are ways you can contribute to save the planet. Remember a little effort goes a long way. So, instead of fretting and stressing over what could have been done, you can buckle up and take the initiative yourself. Gather yourself and prepare to bring about a change.

Make changes in your personal life by switching to eco-friendly accessories, food, activities and means of living. Acknowledge what harm you have inflicted and what best efforts you can do. Go easy on yourself and stay motivated and enthusiastic to make efforts.

★ ACCOUNTABILITY TO FUTURE GENERATIONS (INCLUDING YOUR OWN KIDS)

“We do not inherit the earth from our ancestors, we borrow it from our children.” ~ Native American Proverb

It's easier to turn a blind eye than to be accountable for one's actions. The climatic condition you are experiencing today was way better decades back. But our ancestors neglected the consequences and you might be doing the same.

Hence, think about what kind of a future you will give to the next generation. Your tiniest effort can make a huge difference. But when the cause is so massive and crucial the efforts should be big enough too. You can be conscious while giving your votes electing a person responsible for taking important decisions. Participate in elections and vote for the deserving candidate who you think would work for a better tomorrow.

★ **SENSE OF ACCOMPLISHMENT AND PRIDE IN YOUR EFFORTS**

It's important to play your part to build a sustainable ecology of living. Through an eco-friendly lifestyle you get a sense of accomplishment in whatever you do for the climate. Save water, use less fuel, avoid food waste, and eliminate the causes of pollution contribute to cleaning the environment in the long run. You become self-aware of how natural resources are used and the lives associated with them.

You can stay involved in the fast-paced life if you want. But let's not forget that you've already been through the traumatising phase of the COVID-19 pandemic, which was Nature's way of retaliation.

Catastrophes, contagious and life-threatening diseases can lead human civilisation to extinction if we do not take necessary precautions. The unpredicted and uncontrollable natural disasters shake every being to their core. However, with an eco-friendly lifestyle, you get to maintain good health and a healthier surrounding for your family and loved ones.

★ **KNOWING THAT YOU'RE CARING FOR THE PLANET THE WAY IT CARES FOR YOU**

An eco-friendly lifestyle makes you care for the planet. You can have fresh air to breathe, pure water to drink, and land to live in. But how humans thanked the planet—demolition of forests, polluting the sea, depleting the ozone layer and destroying every nature's blessing—sad but true.

An eco-friendly lifestyle makes people more concerned about healing the planet, saving the scarcely available natural resources and cleaning the air, sea and land. It helps us adopt many ways to get a healthier environment.

★ **HAPPINESS AND JOY IN THE PRACTICE OF SIMPLE LIVING**

Dr Brian Wind, a clinical psychologist, pinpointed some vital psychological benefits of an eco-friendly lifestyle. Sustainability living helps improve mindfulness. It makes people ponder on the environmental impact on day to day living. You ruminate less, become self-aware and focus better.

Secondly, it gives life a purpose. The closer you feel to reaching your goal, the more confident you become. Moreover, sustainable practices create a positive outlook on life. You eat organic

food that provides essential nutrients to your body, indulge in physical activities and opt for natural-centric means of living.

Financial benefits of an eco friendly lifestyle

According to research, around 81% of people expect organizations to become environmentally conscious in their communications and advertisements. It highlights the potential of an eco-friendly business. Moreover, around 87% of consumers prefer buying products from brands that are aware of the environmental benefits.

For a sustainable ecosystem, the use of energy-efficient equipment, water-saving devices, and solar panels are not only cost-effective but more efficient than traditional energy use. Let's delve deeper to learn about other financial benefits of an eco-friendly lifestyle.

★ 11. LOWER FOOD COSTS

What you eat affects the planet. One of the major causes of forest demolition is to rear cattle and grow crops for livestock. Whereas, oceans are getting barren due to overfishing. Furthermore, food production does not only endanger wildlife it has other threatening influences as well. According to research, about a quarter of toxic greenhouse gases polluting globally are associated with food.



Instead of consuming animal products, eat plants. The livestock industry contributes to almost 15% of greenhouse gas emissions. Hence, switch to growing your own food. Eat fresh vegetables and fruits frequently. In this way, you can help reduce your carbon footprint.

★ MORE AFFORDABLE TRAVEL

Sustainable travelling doesn't mean clinging to animal backs. If you are willing to reduce the carbon footprint, become conscious of the damage your fuel-based vehicle is causing. That sense of accountability will naturally motivate you to make simple changes in your travelling habits.

Walk to nearby places, switch to electric cars, fly less often, and keep your vehicles fully maintained to avoid wasteful consumption of energy. The European Union voted Slovenia as

Europe's greenest city. With the development of certification programs and sustainability tools, the city is building efficient public transport, cycling infrastructure, and pedestrians and educating its community to stay committed to protecting green areas.

★ **LOWER ENERGY BILLS**

Renewable energy sources not only reduce carbon footprint but lowers your bills. It's best to use Solar panels that help convert sun rays into electricity and solar heating systems that provide hot water and heating throughout the year. Other sources of sustainable energy include air source heat pumps, wind energy, biomass systems, and hydroelectric systems. Hence, get energy-efficient home appliances to cut down your bills and make the environment safer.

★ **LESS MONEY SPENT ON CLOTHING, HOME DECOR, AND HOUSEHOLD ITEMS**

One biggest change an eco-friendly lifestyle makes is encouraging people to shop less money on clothes and accessories. However, it doesn't mean to kill your wishes if you fancy embellished clothes or tempting food. It's about going for vegan diet plans, recycled products, and organic food.

Brands like Earth Hero, Eco Roots, and Made Trade offer sustainable products to its consumers.

★ **INVESTING IN THE BUSINESSES OF THE FUTURE**

Invest in business with a sustainable motto for a greener future. Hunt for such business avenues that are environmentally conscious and aim to bring about a huge change in the world.

You work so passionately but breathe in the polluted air, live on a catastrophic land and survive on contaminated resources. What's the point of such living? Hence, focus on creating such business goals that do make good returns but not at the cost of harming the planet. You can innovate fuel-efficient and energy-efficient products, electronics and machinery or else provide water-saving solutions to people.

Energy-Saving Renovations for Homes

As the world becomes increasingly conscious of the impact of our actions on the environment, more and more people are adopting sustainable practices in their daily lives. One area where we can make a significant difference is in the design and construction of our homes.

Energy-efficient home design not only reduces our carbon footprint but can also save us money on utility bills in the long run.

In this article, we will explore some essential tips for creating an energy-efficient home. We will discuss various aspects of home design, including insulation, windows, heating and cooling systems, lighting, and appliances.

By following these tips, you can reduce your home's energy consumption and increase your comfort while minimizing your environmental impact.

Whether you are building a new home or renovating an existing one, these tips will help you create an energy-efficient and sustainable living space that you can be proud of.

★ **Windows**

Windows are another critical component of an energy-efficient home. They allow natural light into your home, provide ventilation, and enhance your home's aesthetic appeal. However, they can also be a significant source of energy loss, especially if they are old or poorly installed.

One way to improve your home's energy efficiency is by upgrading your windows to double or triple-pane windows with low-emissivity (Low-E) coatings. Low-E coatings reflect heat back into your home during the winter and block solar heat gain during the summer, reducing your heating and cooling costs.

Another way to improve your windows' energy efficiency is by using window treatments such as blinds, shades, or curtains. They can block out the sun's heat during the summer and retain heat during the winter, reducing your reliance on heating and cooling systems.

It's also essential to ensure your windows are properly installed and sealed. Poorly installed windows can leak air, leading to energy loss and increased utility bills. Have a professional install your windows and fill any gaps or cracks around the frames.

★ **Heating and Cooling Systems**





Heating and cooling systems account for a significant portion of your home's energy consumption. Inefficient or outdated systems can lead to high utility bills and increased energy waste. Upgrading to energy-efficient heating and cooling systems can reduce energy consumption and save you money in the long run.

One option for energy-efficient heating and cooling is a geothermal heat pump system. It uses the earth's natural heat to warm your home in the winter and cool it in the summer. These highly efficient systems can reduce your energy consumption by up to 70%. Another option is a ductless mini-split system. They are ideal for homes without ductwork and allow you to heat or cool specific areas of your home, reducing energy waste.

If you have a central heating and cooling system, consider upgrading to a high-efficiency unit. Look for systems with a high Seasonal Energy Efficiency Ratio (SEER) rating for air conditioning and a high Annual Fuel Utilization Efficiency (AFUE) rating for heating. These ratings indicate the system's efficiency at converting energy into heating or cooling. It's also important to properly maintain your heating and cooling systems. Replace air filters regularly, schedule annual inspections and tune-ups, and keep the system's coils and fins clean to ensure optimal performance.

★ **Lighting**

Lighting is another area where you can make significant energy savings in your home. Switching to energy-efficient lighting options, such as LED or CFL bulbs, can reduce energy consumption and lower utility bills.

Features	LED	CFL	Incandescent	Halogen
Light Bulb Comparison				
Rated Avg. Life	50,000	10,000	750-1000	2,000
Life Span	Vastly Longer	Long	Low	Medium
Watts	6-18	3-120	3-500	5-500
Cost to Operate	Lowest	Low	High	Medium
Energy Consumption	Lowest	Low	Medium	Medium
Lumens per Watt	45-75	60	15	25
Color Temp. (K)	2700-5000	2700-6500	2700	3000

LED bulbs are the most energy-efficient lighting option available. They use up to 75% less energy than traditional incandescent bulbs and can last up to 25 times longer. While LED bulbs can be more expensive upfront, they are more cost-effective in the long run due to their extended lifespan and energy savings.

CFL bulbs are another energy-efficient option, using up to 70% less energy than traditional incandescent bulbs. However, they contain small amounts of mercury and must be disposed of properly to avoid environmental contamination.

It's also essential to consider your lighting usage habits. Turn off lights when leaving a room, and take advantage of natural light during the day by opening blinds or curtains. Small things matter when it comes to energy efficiency.

★ **Appliances**

Home appliances can also contribute significantly to your home's energy consumption. Upgrading to energy-efficient models can reduce energy use and lower utility bills. When shopping for new devices, look for those with the Energy Star label. Energy Star appliances meet strict energy efficiency guidelines set by the U.S. Environmental Protection Agency (EPA) and can save you \$450 on your energy bills each year.

Some of the most energy-intensive appliances in your home include refrigerators, dishwashers, and washing machines. When shopping for these appliances, consider their size, features, and energy efficiency rating. Smaller models generally use less energy, while features like automatic shut-off and delayed start can also reduce energy consumption.

It's also essential to maintain your appliances properly. Clean the lint filter in your dryer after each use, keep your refrigerator coils clean, and only run your dishwasher and washing machine with full loads.

★ **Portable Renewable Energy Sources**

If you are looking for a more flexible way to power your home, consider using portable renewable energy sources. These can be particularly useful if you live in an area with limited or unreliable access to grid power.

Portable solar panels, for example, can be used to charge batteries or power devices directly. You can use them to power small appliances, lighting, or even your smartphone or laptop. Another option is portable wind turbines, which can be set up in areas with high wind speeds to generate energy. These turbines can be particularly useful for camping trips or outdoor events where access to grid power is not available, but they can also help you around the house.

Using portable renewable energy sources can be an excellent way to reduce your reliance on fossil fuels and increase your energy independence, even if you don't have the means to install permanent renewable energy systems in your home.

Smart Technology



Smart technology can also help you create an energy-efficient home by automating energy usage and reducing waste. Smart thermostats, for example, can learn your heating and cooling habits and adjust the temperature accordingly, reducing energy consumption when you're asleep or away from home.

Smart lighting systems can automate lighting usage and reduce waste. Some can be programmed to turn off lights when you leave a room or adjust the brightness according to natural light levels.

Smart home assistants like Amazon Alexa or Google Assistant can also help you control and monitor energy usage. You can use voice commands to turn off lights or adjust the thermostat. Some devices can provide real-time energy consumption data, allowing you to identify areas where you can make further improvements.

Using smart technology in your home can not only reduce energy consumption and lower your utility bills but also increase your comfort and convenience. With the ability to automate and control various aspects of your home, you can create a living space that is tailored to your specific needs and preferences.

How to Make Less Trash at Home?

The absolutely best way to stop trash is to stop buying and using products that are not durable, reusable, or repairable. Reducing waste is easy if you follow some of the tips below. You'll also find lots of great info on our Reuse Tips Page.

If you know of other ways to reduce waste, please send your suggestions to us and we'll add them to the website.

We can also reduce our environmental impact and the waste we create by making sustainable purchases. Buying durable products, choosing items made from recycled materials, and thinking about the environmental impact of how our belongings are made, are all ways we can reduce

out impact. To help everyone make better purchases, we made this handy dandy guide, which can be viewed here.

★ **Reduce Your Packaging Purchases**



Avoiding products wrapped in plastic or excessively packaged in boxes and bags is a great way to generate less waste. You'll also save energy and natural resources.

- Avoid packaging when possible. For example, use your own reusable bag or container.
- Use products you already have for household chores. Avoid single-use cleaning products.
- Buy large economy-sized products instead of individually wrapped items. Laundry soap, shampoo, dish-washing detergent, dry pet food, cat litter, and other non-perishable items are great examples. For food, buy the largest size you can use before spoiling.
- Buy items in bulk, in concentrate, or in refillable packages. Bulk candy, for instance, will have much less wrapping than a bag of "Fun Size" candy bars. Mmm... reducing waste

★ **Reduce Toxicity**

Whenever possible use nonhazardous or less hazardous materials at home and work. Instead of pesticides, for example, use Integrated Pest Management (IPM) techniques to control insects and other pests. Other safety tips include:

- If you do use hazardous materials, use only what you need. Share leftovers with neighbors or donate them to businesses or charities that need them.
- Read product labels and follow all directions carefully.

If you have hazardous materials, such as motor oil, be sure to dispose of them properly. Visit our hazardous waste section for more information.

★ **Reuse Bags, Containers, and Other Items**

- Bring your reusable shopping bag to the grocery store and beyond. If you do have single-use bags, use them again!
- Bring a reusable mug to the coffee shop.
- Bring reusable take-out containers with you to restaurants (it saves them money!).
- Pack lunches in a reusable bag with reusable food and drink containers.
- Reuse containers and other materials for storage and crafts.
- Reuse single-sided printed pages for scratch paper.
- Find new homes for clothing and linens, or use them for rags, patchwork, and other projects.

Growing a Green Garden can be benefit to your home

Growing your own food is a healthy way to save money and enjoy fresh produce at home. When done correctly, even the smallest backyard plot can produce copious amounts of fruits and vegetables and possibly even a significant saving to the grocery budget.

However, it takes time and patience, and a small outlay of money to buy seeds, and tools, if you need them.

What Are the Expenses to Garden?



The total bill for a do-it-yourself veggie plot will vary by type of plant grown, the number of plants purchased, and the length of a growing season in your home region.

To calculate the true cost to start a garden and maintain it throughout the year, add together the following factors:

- Cost of plants or seeds
- Cost to provide nutrient-rich soil (dirt, fertilizer, and worms)
- Cost to protect and structure plants (cages, coverings, and fences)
- Cost to water plants
- Cost of tools and accessories (tiller, gloves, and spade)

The Real Return on Investment

The National Gardening Association reported that the average gardening household experiences a positive return on investment. Food gardening does have some risks. An infestation of bugs, a streak of unseasonable weather, or other nature-related problems may wreak havoc on your investment. But for most gardeners, the return on investment pays off. How much can you save? It depends on what vegetables you grow and how many crops your garden yields.

For example, one pound of organic tomatoes from Whole Foods costs as of July 2021 \$2.99, but a package of organic, heirloom tomato seeds that can yield multiple tomato plants over time, costs \$3.99.

To put it into perspective: one tomato plant may equal 10lbs to 30lbs of tomatoes. Another bonus of home gardening? Growing your favorite vegetables and fruits may insulate you from the impact of drought and diseases that slow down production in the fields and orchards of large-scale growers across the country that ship and sell produce.

As much potential as a garden can bring to the bottom line of the average foodie, it helps research where to obtain affordable plants and seeds for your garden. Seeds can often be purchased in bulk packets, too.

Ways to Save

There are ways to stretch your dollars and it is possible to start a food garden on a shoestring budget. Below are three suggestions to get you started.

Start Early With Seeds

At \$3.00 a package (or less), gardeners can give their plants a home-grown start and spread the risk over several tiny plants. Picking the strongest from the bunch for transplanting outdoors will give you a comparable alternative to that expensive plant from the nursery.

Give Square Foot Gardening a Try

This popular gardening technique isn't just highly effective at producing the healthiest plants with the smallest effort, and it's affordable, too. If you live in an apartment or have a small backyard, square foot gardening is also a space-saving garden. The costs associated with a square foot garden vary wildly, depending on materials (garden box versus ground) and what you are planting, but a small square foot garden is 4 feet by 4 feet.

Grow Only What You Need and Like to Eat

While it's nice to have an abundance of produce to share with family and friends, the upkeep of a larger-than-life garden could be too expensive and too much effort to maintain. Also, don't plant vegetables and fruits that your family doesn't eat. It may be cheap to plant rows of zucchini plants, but if no one likes zucchini, that's a lot of wasted produce.

Consider just one or two of each of the plants you like most, and avoid planting rows and rows of veggies simply because you have the room. Food waste is a common problem for overzealous gardeners.

In the end, the decision to create a food garden is a personal one. Don't feel that it's necessary to go 100% into a gardening scenario. Many gardeners grow things that are the easiest to produce like cherry tomatoes, carrots, and herbs, like mint, rosemary, thyme, and lemon verbena. Consider starting small in your first season, and purchase trickier varieties of fruits and vegetables at your local farmer's market.

Top Innovative Steps for Greener Kitchen

Elevate your kitchen's sustainability quotient with these innovative steps, making conscious choices that benefit both your home and the Earth. Start your journey to a greener kitchen today!

Clean up your kitchen



★ Love your leftovers

Look at what basics you're binning. "Chefs talk about what to do with carrot tops or whey from cheese, but that's not where we need to make changes," says Feast food writer Anna Jones. "It's the milk poured down the sink and stale bread – the items we don't put as much value on." Jones tears up bread to freeze for instant croutons, or whizzes it into breadcrumbs for adding to croustades, pastas and salads. If oats have already been made into porridge, follow Claire Thomson, chef and author of *The Art Of The Larder* (Quadrille, £25), and substitute for some of the flour and water in bread dough.

Treat "food waste" as ingredients, says Ollie Hunter, chef and author of *30 Easy Ways To Join The Food Revolution* (Pavilion, £14.99). "It's easy to turn it into something else; aquafaba (chickpea water) can be made into a vegan mayonnaise; fry squash seeds in oil and sprinkle with salt for a snack; cut courgette stalks into penne shapes and cook like pasta. You need to find creative ways to use everything up; wasting food is down to a lack of imagination." Use tech for good

★ Shop little and often

A lot of waste comes from doing big shops, putting two-for-one "bargains" in the trolley and buying on repeat rather than planning meals. "I'm always clear about what we will eat at home and when," says Skye Gyngell, chef and founder of Spring in London, which runs a "scratch

menu” using waste. She shops little and often, supported by a store cupboard of wholegrains, olive oil, vinegars and mustards to bolster meals. “Working out what kind of cook you are is also useful,” says Jones, “then reverse engineering how you shop. There is no point doing a weekly shop if you like to decide what you’re going to make for dinner at 6pm, like me. I shop in small increments, and I find I waste less this way, too.”

★ **Buy half your food locally**

The shorter the food chain, the less waste created before it reaches your kitchen. Hunter subscribes to buying 50% of food grown within 30 miles of where you live. “It’s an achievable figure,” he says, especially when producers, such as Hodmedods in Suffolk, are reviving homegrown pulses including British lentils, quinoa, carlin peas and fava beans (which Hunter ferments to turn into miso and soy sauce). The nutritional value of fruit and veg lasts for only a short time, adds Gyngell, so how far your food has traveled matters.

★ **Compost on the go**

Compost isn’t just for the garden – think about reducing your food waste when you’re on the go, too, says Lindsay Miles, whose book *Less Waste, No Fuss Kitchen: Simple Steps To Shop, Cook And Eat Sustainably* (Hardie Grant, £12.99) is out in June. “A reusable coffee cup makes a great impromptu container for your lunch scraps – take apple cores or bread crusts home to compost.”

How To Unblock & Clean Kitchen Sink Drain



Is water pooling or backing up in the kitchen sink when doing dishes? Are there gurgling sounds when water drains down the sink or unpleasant odours lingering from the area? These are some of the obvious signs of a clogged kitchen sink drain, and make sure you fix this plumbing issue before moving out of your rented property in Victoria.

It is good to inspect the entire premises and check for repairs, such as water leakage, clogs, etc., before cleaning to get the full bond back.

If you are concerned about the blocked kitchen sink drainage system, try the following hacks and get rid of stuck food debris, grime, and gunk using the proper tools and products.

Let's Get Started!

★ **Check The Garbage Disposal**

Believe it or not! A garbage disposal is one of the main culprits of a drain blockage. Here is a step-by-step guide to checking for the garbage disposal:

- Turn off the garbage disposal and unplug it for your utmost safety.
- Check and eliminate loose debris and grime from the disposal. Use long pliers or tongs for easy access.
- Press the reset button to resolve minor issues
- Insert the Allen wrench into the hole of your garbage disposal and move it back and forth. This will help you rotate the blades and dislodge stuck debris. You can include it into the list of cleaning tools for a clean abode.
- Turn on the water for 10 seconds to see if the water drains or not.

★ **Run Hot Water To Unclog Sink Drain**

This is one of the simplest hacks that can help you get rid of stuck food particles, soap residue and other debris from the sink drain. Professionally-trained cleaners use hot water to remove stains and debris when performing an expert end of lease cleaning Melbourne. You can also try the hack with boiling water:

- Boil half a gallon water
- Pour it down the kitchen sink drain
- Turn on the faucet to see if it is still draining slowly or still clogged.
- Repeat the process if required

Important note: Do not pour hot water if your drain is attached to PVC pipes because hot water could melt the plastic.

★ **Use A Plunger**

You can use a good-quality plunger to unblock your kitchen sink drain with a little elbow grease. Ensure you partially fill the sink with hot water to cover the drain's opening. After that, place the plunger and pump up and down five to seven times. This may require a bit of energy.

Repeat the process if required and achieve desired results. You should try out this method before hiring any professional. It is good to make this a habit of regular house cleaning and maintenance and promote a healthy abode.

★ **Remove And Clean The Sink Stopper**

Do you have a sink stopper or strainer? If yes, remove it because most of the dirt and debris accumulate around these areas and lead to clogs.

After removing it, soak it in warm soapy water for 10 minutes or until you scrub it with an old toothbrush.

★ Use The Plumber's Snake

You can fight against the blockage using this super-flexible tool. It comes with a coiled spiral snake that can easily reach down the drain. You can fetch the dirt and debris from the drain and unclog the sink.

If you don't have it, create one using a wire hanger. Unwind the hanger into a long piece and keep the hooked end. This will help you catch grime and debris with ease.

★ Use Baking Soda And White Vinegar



Baking soda and vinegar are the two most versatile cleaning ingredients that can help you get rid of stubborn stains, grime and stuck food particles, etc.

It can help you unclog drains and pipes. Many seasoned cleaners use environmentally-friendly end of lease cleaning Melbourne. So, you can also use this hack to clean clogged kitchen sink drain:

- Pour ½ cup of baking soda down the drain
- Followed by 1 cup of white vinegar
- Remember that this mixture will create a fizz and help you get rid of loose debris and grease.
- Let it sit for 15 minutes
- Run the tap to flush out stuck grime.

This is one of the best ways to unclog and clean the kitchen sink drain like a pro. You can also use baking soda to deep clean the oven and stove top for sparkling results.

Tips To Prevent Future Clogs

It is good to prevent clogs if you want to maintain a clean and healthy indoor environment. Here are some of the best tips to consider that can prevent future drain clogs with ease. Do not dispose of the following ingredients down the drain:

- Meat
- Coffee grounds
- Fats or oils
- Starchy foods, such as bread or pasta
- Gum
- Fruit pills and seeds
- Paper products
- Leftover food, etc



It is good to pour boiled water immediately in case you dislodge something oily or fatty down the kitchen sink drain.

If there is a water leakage problem or any other plumbing issue, fix them properly before booking a reliable company for an expert end of lease cleaning Melbourne.

These are some of the best ways that can help you unblock and clean kitchen sink drain using affordable and environmentally-friendly products. You can also hire a professional plumber in Melbourne if the problem still persists or if you suspect a serious issue before moving out of your rented property.

Measuring and Celebrating Your Sustainable Progress for Your Home

Set out on a fulfilling journey to build a more sustainable house, and enjoy the benefits you generate along the way. The significance of tracking and recognizing your sustainable progress is explained in this guide. Examine useful advice for monitoring waste minimization, energy saving, and environmentally good behaviors. Knowing the improvements you've achieved will inspire you to keep up your environmentally friendly efforts. This book invites you to acknowledge the little wins that add up to a more sustainable and environmentally friendly future. Celebrate your sustainable journey with us and encourage others to do the same. Each and every green decision matters!

Bottom Line

In this comprehensive guide, we've unraveled the simplicity behind adopting eco-friendly habits for your home. From conserving energy and water to minimizing waste and making sustainable choices in every corner of your household, this guide empowers you to contribute to a greener future. Embrace these easy-to-follow tips, make informed choices, and witness the positive impact on your home's sustainability. By integrating eco-friendly habits into your daily life, you're not just transforming your living space; you're contributing to a global movement towards a healthier planet. Download the guide, embark on your eco-friendly journey, and take pride in every sustainable step you take!

References

Why Eco-Friendly Living Matters | BY AYESHA SAMEEN 15 Benefits of an Eco Friendly Lifestyle You Can Experience Now, Retrieved 18 April, 2022, From

<https://daybring.com/stories/benefits-of-an-eco-friendly-lifestyle/>

Energy-Saving Renovations for Homes | by Natalia Kolkowska Energy-Efficient Home Design Tips, Retrieved 25 May, 2023, From

<https://sustainablereview.com/energy-efficient-home-design-tips/>

How to Make Less Trash at Home | Reduce, Reuse, Recycle, From

<https://lessismore.org/materials/29-tips-to-reduce-waste/>

Top Innovative Steps for Greener Kitchen | by Anna Berrill 50 simple ways to make your life greener, Retrieved 29 Feb, 2020, From

<https://www.theguardian.com/environment/2020/feb/29/50-ways-to-green-up-your-life-save-the-planet>

Growing a Green Garden can be benefit to your home | By LINSEY KNERL The Cost Effectiveness of Growing a Garden, Retrieved 1 May, 2022, From

<https://www.investopedia.com/financial-edge/0312/the-true-cost-of-growing-a-garden.aspx>

Keeping Your Sink in Tip-Top Shape | How To Unblock & Clean Kitchen Sink Drain, Retrieved 25 July, 2023, From

<https://www.bondcleaninginmelbourne.com.au/how-to-unblock-clean-kitchen-sink-drain/>