



FEBRUARY 2024

THE INCREDIBLE SECRET INGREDIENTS

Your Ultimate Guide To An Eco-Friendly Home

Barbara Miller

Abstract

To be eco-friendly means to be respectful, or not harmful, to the environment. In today's world being eco-friendly is a hot topic of conversation. Many people are curious about or interested in helping the environment, but they may not be sure where to start. Yes, trying to create a sustainable home and to make your home more eco-friendly can be a little overwhelming at first, but it can make for a fun and educational DIY project for the entire family.



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.



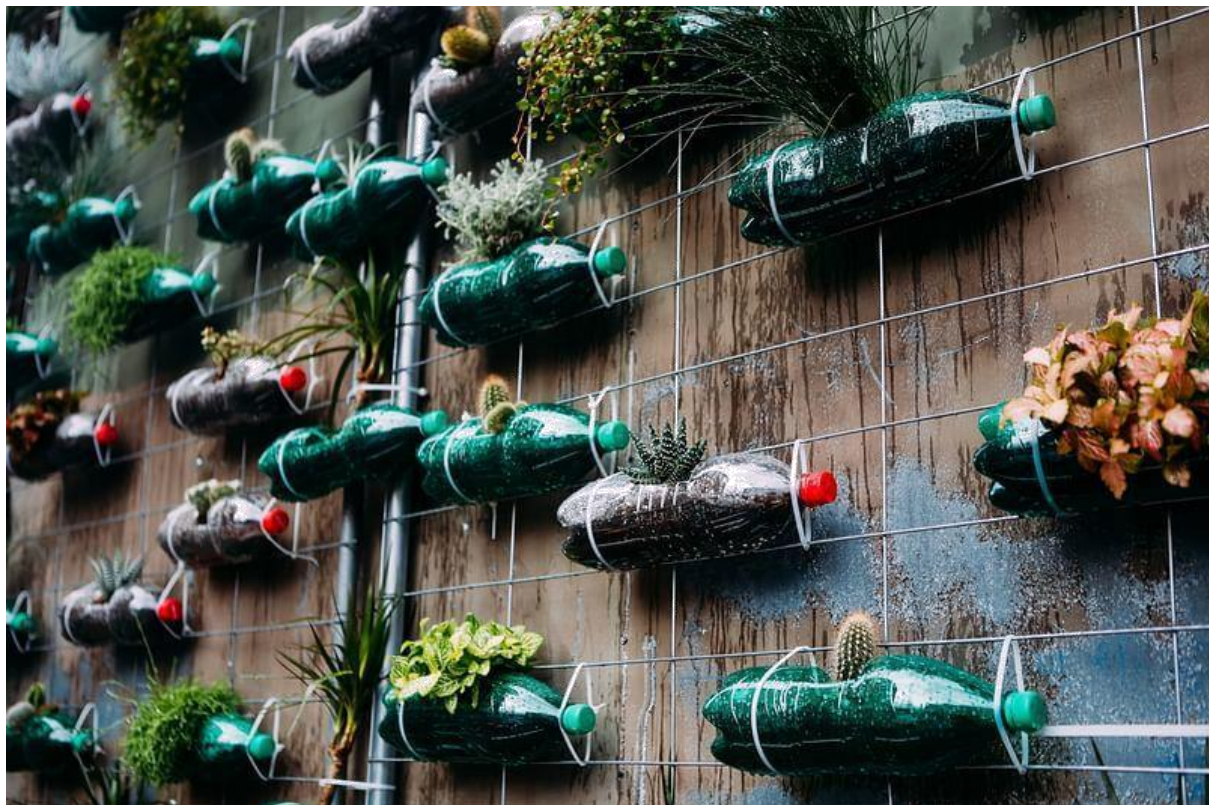
Also, reclaimed wood or metal is ideal for indoor air as they do not emit harmful chemicals or volatile organic compounds (VOC) compared to new or freshly painted goods.

❖ 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. 10 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 Natural Household Cleaning Products



Put down your toxic cleaning supplies, take a deep breath, and get ready to start cleaning chemical free.

It's actually surprisingly easy to make your own chemical free mould killer and cleaning products for your kitchen and bathroom. These products will not only have your home sparkling clean but smelling wonderful as well, with not a chemical nasty to be seen or smelt!

How to make a natural mould remover spray

Don't reach for the bleach next time you see mould. Instead make this spray that only requires five ingredients to make a safe cleaner that kills the mould spores.

- White vinegar
- Distilled water
- Glass spray bottle
- Tea tree essential oil

- Clove essential oil



How to make a bicarb scrub to clean your sink, bathtub, stovetop and more

Make an amazing scrub to clean your sink, bathtub, shower, stovetop and burned pots and pans, using just two ingredients.

- Bicarbonate of soda
- Sweet orange essential oil

DIY degreaser

Make a spray that you can use as a degreaser but also to clean your countertops, inside the fridge and the stovetop. Pour 1 3/4 cups distilled water into a glass spray bottle. Add 2 tablespoons Castile soap and 20 drops of orange essential oil. Shake well before use.

DIY glass cleaning spray

Create a cleaner that quickly evaporates for sparkling glass. You can also use it on oven doors, and ceramic and chrome surfaces. Combine 1 cup rubbing alcohol, 1 cup water and 1 tablespoon vinegar in a glass jug, then pour into a glass spray bottle. Shake well before use.



DIY air freshner

Cut citrus fruit in half, scoop out all the flesh, fill rinds with sea-salt flakes, add mint or basil leaves and position in a spot to absorb bad odours. Keep out of reach of kids and pets, and replace after a week.

How To Clean Furniture And Fight Odours Without Chemical Cleaners

Everyone pays attention to countertops, tables, floors and carpets during routine house cleaning but overlooks furniture like cushioned chairs, couches, loveseats, padded headboards etc.

Without frequent cleaning, these home décor items gather dust, dirt and grime that weaken their structural integrity and appearance. Additionally, mould and bacteria can develop in the crevices of furniture, making them a health hazard and smell extremely bad.

You can hire vacate cleaning in Perth professionals to deep clean furniture in your rental property and get a complete bond repayment. But here is your complete guide on cleaning furniture at home yourself. It has expert tips to help you keep these belongings neat and tidy at all times. Have a look.



- **Keep Cleaning Supplies On Hand**

Spots and stains are common in households with pets, small children or clumsy adults. Besides carpets, your couch, dinner table chairs, and other furniture become the prime sites of these messes. Thus, you must have the following cleaning supplies handy to remove spots and clean spills immediately after they happen.

- ✓ A dry and wet vacuum cleaner
- ✓ Microfiber cloths and paper towels

- ✓ A multi-purpose upholstery cleaner
- ✓ Water
- ✓ Baking soda
- ✓ A soft napping brush

- **Brush Upholstery Every Few Days**

The fibres of padded furniture capture dust, dead skin, allergens and physical contaminants that cause asthma, rhinitis and other respiratory conditions. Regular brushing can remove debris and particles on top of the fixtures, preventing matting and accumulation of pollutants. Additionally, the fibres of upholstery remain fluffy and clean longer with routine brushing.



- **Refresh Upholstery With Baking Soda**

Sodium bicarbonate can absorb bad smells, dust and moisture from organic materials effectively and efficiently. Professionals performing vacate cleaning in Perth even use natural and organic cleaning agents to sanitise household surfaces and fixtures.

Thus, you can sprinkle the powder on the fixtures generously before vacuuming and it will make your upholstery items look and smell as good

as new. While doing this activity let the baking soda dwell on the fabrics for at least 15-20 before vacuuming to get the best results.

- **Always Dab Stains While Cleaning**

Rubbing stains is a rookie mistake many people cleaning furniture at home make. It causes the stains to spread and embed deeper into the fibres, making it difficult to remove them. You should always dab stains like professional end of lease cleaners in Perth while cleaning to collect as much residue as possible.

- ✓ Try to remove spills as fast as possible by dabbing messes immediately with a paper towel.
- ✓ Once the stain stops coming off on the paper towel, spray it with an upholstery cleaner and let it dwell for a few minutes.
- ✓ Next, dab with a fresh paper towel or microfiber cloth to remove the stain completely.
- ✓ Repeat the process if the stain remains visible after multiple dabs. You can also dampen the cloth and remove the moisture with the paper towel to get better results.

- **Clean Leather Upholstery With Vinegar**



Cleaning vinegar has acetic acid that works excellently for cleaning grimy and dirty leather furniture. Make a solution of warm water and cleaning vinegar in equal proportions in a spray bottle. Apply the cleaning solution on the dirty furniture and wipe it with a microfiber cloth to remove contaminants.

While cleaning, always move top to bottom, making an 'S' pattern to protect cleaned areas from re-contamination. It is a technique professional performing vacate cleaning in Perth use to save time, energy and product.

- **Deeply Vacuum Furniture Every Week**

The crevices and fibres of furniture are hot spots for physical contaminants, lint and bacteria that cause bad odours and poor indoor air quality. By vacuuming them every week, you can prevent the accumulation of germs and keep the fixtures sanitary. Before you perform the activity, make sure you have the crevice tool, a flat head brush and other attachments on hand, and the equipment's HEPA filters are clear.

- **Always Test Cleaners Before Using Them Globally**

While trying any homemade cleaning solution or upholstery cleaner, always test it on an inconspicuous spot first to see how it interacts with the material. This small step can prevent greater damage to the furniture. Professional vacate cleaners in Perth also take this precautionary measure, and you should too.

During the test, let the cleaner remain on the spot for at least 5-10 minutes before dabbing with a damp microfiber cloth and paper towel. This way, you will know if the product causes decolouration, burns or any other damage.

Keeping furniture in your house sanitary is important to prevent germ build-up and bad odours. Dirt and grime can also mar the appearance and weaken the structural integrity of the items. Therefore, follow the tips shared above to clean furniture at home like a pro. But, if you need to get your bond back in full, ensure to take the assistance of professionals offering services for vacate cleaning in Perth.

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. Bottom Line

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!

References

Ultimate Guide To An Eco-Friendly Home | Eco Mena, Retrieved February 05, 2024, From

<https://www.ecomena.org/guide-to-an-eco-friendly-home/>

How To Make Your Home Eco-Friendly | Environmental Conscience, Retrieved February 05, 2024, From

<https://environmental-conscience.com/how-to-make-your-home-eco-friendly/>

Ways To Make Your Home Eco-Friendly | Blue And Green Tomorrow, Retrieved February 05, 2024, From

<https://blueandgreentomorrow.com/features/10-ways-make-home-eco-friendly/>

What Does "Eco-Friendly" Actually Mean? | Good Housekeeping, Retrieved February 05, 2024, From

<https://www.goodhousekeeping.com/home/a29830418/what-eco-friendly-means/>

How To Clean Furniture And Fight Odours Without Chemical Cleaners | Bond Cleaning In Perth, Retrieved February 06, 2024, From

<https://www.bondcleaninginperth.com.au/how-to-clean-furniture-and-fight-odours-without-chemical-cleaners/>

10 Things You Can Do Today To Make Your House A Little "Greener" | Smart Cities Dive, Retrieved February 06, 2024, From

<https://www.smartcitiesdive.com/ex/sustainablecitiescollective/10-things-you-can-do-today-make-your-house-little-greener/1274893/>

By Alex Morris | 20 Green Tips That Will Improve Your Health and Lifestyle | Life Hack, Retrieved February 06, 2024, From

<https://www.lifehack.org/articles/lifestyle/20-green-tips-that-will-improve-your-health-and-lifestyle.html>

By Paige Butterfield. (2016) | The Pros and Cons of Using Eco-friendly Cleaning Products | DO IT Yourself, Retrieved February 06, 2024, From

<https://www.doityourself.com/stry/the-pros-and-cons-of-using-eco-friendly-cleaning-products>

Ways To Make Your Home Eco-Friendly | House Beautiful, Retrieved February 06, 2024, From

<https://www.housebeautiful.com/lifestyle/a39775440/ways-to-make-your-home-more-sustainable/>

By Alexandra Zissu | 11 Painless Changes You Can Make for a Greener Home | Real Simple, Retrieved February 06, 2024, From

<https://www.realsimple.com/home-organizing/green-living/green-home>