

Guide To Be More Eco Friendly IN 2024



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Abstract

Becoming more eco-friendly in 2024 involves adopting sustainable practices that reduce environmental impact and promote conservation. Start by reducing your carbon footprint through energy-efficient habits like using LED light bulbs, unplugging electronics when not in use, and opting for renewable energy sources whenever possible. Embrace a zero-waste lifestyle by reducing, reusing, and recycling materials to minimize landfill waste. Choose eco-friendly products such as biodegradable cleaners, organic foods, and reusable items like cloth bags and water bottles. Support sustainable transportation by walking, biking, carpooling, or using public transit, and consider investing in electric vehicles. Get involved in local environmental initiatives, advocate for eco-friendly policies, and educate others about the importance of protecting our planet for future generations. By making conscious choices and taking small steps, we can all contribute to a more sustainable and environmentally friendly world in 2024 and beyond.



1. Introduction

In 2024, embracing a more eco-friendly lifestyle also means prioritizing sustainable fashion choices. Opt for clothing made from organic, recycled, or upcycled materials to reduce the environmental impact of the fashion industry, which is known for its water usage, chemical pollution, and waste generation. Support ethical and fair-trade fashion brands that prioritize worker rights and environmental sustainability in their production processes. Extend the life

of your clothing by repairing, repurposing, or donating items instead of discarding them. Embrace minimalist and capsule wardrobes to curate a collection of timeless pieces that you love and wear frequently, reducing the need for constant consumption and waste. By making conscious fashion choices, we can contribute to a more sustainable and ethical fashion industry while reducing our overall environmental footprint.

2. 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.

We’re passionate about all things sustainable at GH: The Good Housekeeping Institute team regularly evaluates products for the Green Good Housekeeping Seal, an emblem earned based on a given product's environmental impact, and hosts our Raise the Green Bar sustainability summit and Sustainable Innovation Awards annually. In short: We're here to help you decode eco-friendly claims so you can make smarter decisions for your household and 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 FTC has strict guidelines on eco-friendly claims, and here's where it gets tricky: The FTC 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.



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).

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 Adelaide 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. You can find more examples of misleading environmental claims in the FTC Green Guides.

How to find products that are truly eco-friendly



When it comes to products, there are ways to "make smart and educated decisions before you purchase something new," says Sabina Wizemann, a senior chemist at the GH Institute's Health, Beauty and Sustainability Lab. That's where our experts' rigorous testing comes in — they can help you find the products that actually work and are less harmful to the planet. "An effective product is less likely to be thrown away or replaced," which cuts down on waste, says Wizemann.

A guide to shopping smartly and sustainably

1. Think circular.

A circular economy intends to stop waste from being created in the first place — a complete 180 from our current "take-make-waste" economy, which means we take materials from the Earth, create products from them and eventually trash them. Take a chip bag, for example. It's designed to be disposable: The packages typically cannot be reused, recycled or composted, so they end up as waste.

That's where brands with more sustainable product designs are stepping in, like Izzy Beauty with its zero-waste mascara, so you can use, refill and repeat by mailing your empty mascara tubes back to the company in reusable envelopes. We Are Uni's body care line also follows this closed-loop cycle by using 100% recyclable and reusable aluminum bottles that can be emptied, then shipped back to the brand in their original boxes.

2. Be mindful about how much you're buying.

Above all, only buy what you need. A product requires a lot of energy and resources before it even gets into your home. If you buy fewer products, you'll lessen the impact on the environment via a lower demand for its production process. If you find that you're stocking up on barely used products, it's time to reevaluate.

3. Buy second-hand textiles.

For clothing and bedding products, the best way to live sustainably is by reusing products. "Whether you're sharing clothes with friends or buying from a site like eBay or ThredUp, giving a garment new life is more eco-friendly than creating something new," says Sachs. "That's still true even if an item has recycled or natural fibers, because of the amount of energy and water that's required in the textile production process."

4. Opt for reusable items.

Remember to bring reusable bags for produce and pantry items when you go shopping to cut down on plastic waste. Switching to reusable sandwich bags (our favorites are made by Stasher) and beeswax food wraps will help replace hundreds of single-use plastic baggies that would eventually end up in landfills and oceans. These days, you can even be conscious

of your effect on the environment when using single-serve espresso and coffee pods: Nespresso recently took a step in the right direction by making fully recyclable capsules.

5. If you must buy new, buy recycled.

When shopping, look for sustainable fibers like Tencel and organic cotton. Tencel uses chemicals that are less toxic and less wasteful than those in similar fibers (like rayon), while organic cotton uses less water than conventional growing methods, explains Sachs. And avoid 'bamboo' fiber at all costs.

6. Use plant-based cleaners.



"Look for products that contain safer ingredients, like plant-based cleaners and those with EPA Safer Choice certifications," says Carolyn Forte, director of the GH Institute's Home Appliances and Cleaning Products Lab. Even though ingredient transparency isn't required by law yet, more and more companies (like Seventh Generation) are choosing to list all ingredients in a product. This encourages companies to use more renewable resources that are better for the environment. Plus, people simply like to know what ingredients are in their products and where they come from.

7. Opt for concentrated cleaning and health products.

The best option for the environment is cleaning concentrates that you can dilute with water in reusable containers, like Brandless Cleaning Concentrates. Forte says this helps eliminate excess packaging and waste.

8. Seek minimal packaging.

Avoid products with secondary packaging and films. Instead, look for items with minimal packaging made of recycled materials (like cardboard and aluminum instead of plastic). For example, bar soaps are usually a great option because they often have little packaging and can be completely used up. There are even toys (like the Green Toys Fire Truck) that are packaged with sustainable materials.

3. How to Be Environmentally Friendly



By now it's clear that if we want to live on a planet with clean water, fresh air, and a diversity of plants and animals, we have to do everything we can to protect the Earth's health. Being environmentally friendly means having a lifestyle that helps the Earth more than you hurt it, and speaking up when you see the world around you being harmed. Conserving water, driving less often, gardening, and sticking up for animals are all good ways to start helping. See Step 1 to learn more ways to make caring for the environment part of your daily life.

Protecting Water Sources

Conserve water at home. It takes a lot of energy to bring water from rivers, groundwater, or whatever your local water source is into your home. Water must be pumped to a treatment plant, filtered and treated with chemicals to clean it, then pumped into your neighborhood

so you can use it home. Saving as much water as possible reduces the stress this whole process puts on natural bodies of water in the environment.

Use fewer chemicals. Chemicals washed down the drain or applied directly to the grass can taint the water supply, causing problems for wildlife and humans alike. Figure out which chemicals you can replace with something else so you can avoid washing toxins down the drain.

Never dump hazardous waste materials down the drain or into the grass. Paint, motor oil, ammonia, and other strong chemical solutions should not be dumped down the drain or into the yard, because they'll seep into the groundwater. These items need to be disposed of properly. Check your local sanitation department's website to find out how to dispose of hazardous waste. You may be instructed to take them to a toxic waste site for proper disposal.

Help fight local water pollution. Changing your personal habits regarding water and chemical usage is a great first step. By conserving water in an everyday way, you're doing your part and setting a good example for other people. But to truly make an impact, consider taking your efforts a step further.

Helping Clean the Air

Conserve electricity at home. It's one of the first ways many of us are taught to be environmentally friendly, yet we all need help remembering how important it is to do things like turn off the lights when you leave the room. Everything that's powered by electricity requires the use of energy generated at power plants. The plants usually burn either coal or fossil fuel, which produces emissions that cloud up the air and make it harder for everyone to breathe. That's a heavy consequence for forgetting to shut down your computer.

Become less reliant on cars. From the manufacturing of cars to the extraction and burning of the gas that powers them, to the oil and other materials used to build the roads they drive on, there's no doubt that cars and all their trappings are a major source of air pollution. Cutting back on your car use is a great way to be more environmentally friendly.

Shop locally. Your shopping habits might not be the first thing you question when you're coming up with ways to reduce air pollution, but what people buy has a big effect on the environment. How a product was made, where it was made, and how it was packaged all play a role.

Eat more vegetables and other foods that were locally grown. You can really show that you support the environment by changing some of your food buying habits. Shopping local instead of buying food that was shipped in from far away from both supports local farms and cuts down on your carbon footprint.

Join a group working to combat air pollution. Once you start being more aware of how everyday habits affect the quality of our air, you might want to take action to do something about air pollution. Look for local and national groups working on ways to reduce carbon output and combat global warming. See what problems are being addressed in your area, and encourage others to join in.

Protecting Land and Wildlife



Create less waste. Some communities produce so much trash that they're running out of places to put it. If you want to take good care of the land that you, your friends, and your family call home, reducing the amount of garbage you throw away is a good place to start.

Plant trees. Trees are essential for the health of the environment. They keep the land from eroding, they clean the air, they provide shelter for animals. Trees are so powerful they even bring our stress levels down when we live among them.

Let your yard grow a little wild. If you have the space and inclination, consider making your yard a haven for plants, trees, and animals. So many wild places have been taken over that wild creatures need as much space as they can get. As a reward, you'll get to live next to plants and animals most people don't see every day.

Respect animals' lives. With so many animal species going extinct every day, it's time to rethink the way we see animals. Realizing that every creature is valuable and deserves a spot on Earth might change the way you interact with and talk about animals, and the choices you make in your everyday life. If you hunt for meat, respect and use every part of the animal whose life you have ended for your nutritional sustenance.

Join a group working to protect your land. Join up with an environmental group working to save the land where you live from destructive practices like clearcutting, strip mining, mountaintop removal, and fracking. These practices affect not just the land, but the trees, wildlife, air, water, and human life that depend on it.

4. Follow An Eco-Friendly Diet



If you're interested in lowering your environmental footprint or connecting to your local ecosystem through the foods on your plate, you may be curious about a sustainable diet.

Although there's a lot of talk about sustainability when it comes to food, there isn't much discussion of what this concept means. People often think of sustainable diets as those that are plant-based or entirely organic, but sustainability is far more complex.

Environmental factors like greenhouse gas emissions and resource use are important. Yet, a truly sustainable diet doesn't just mean shopping the vegan section at Whole Foods and calling it a day — it also takes into account labor, food access, and land management.

This article describes the basics of a sustainable diet, explains whether you ought to eat more plant foods, and offers a few diet tips.

What is a sustainable diet?

First, let's establish what it means for something to be sustainable. The Environmental Protection Agency (EPA) describes sustainability as conditions that support both humans and nature — and that will continue to do so in future generations (1).

For example, a sustainable farm provides nutritious fruits and vegetables that support human health while aiding nature by avoiding the use of pesticides and fertilizers that could harm plants or wildlife.

The farm may also rotate crops to maintain soil health, which makes the farmland usable for future generations.

Similarly, a sustainable diet supports both humans and nature in the short and long term.



Short- and long-term human impact

To support humans in the short term, a sustainable diet must be affordable, accessible, nutritious, and free from harmful compounds like foodborne pathogens (2).

It's also important that people working in every part of the food system — from farming and packaging to transport, retail, and cooking — make a living wage, receive adequate health benefits, and have safe working conditions (2).

To support humans in the long term, a sustainable diet should minimize the risk of diet-related conditions like type 2 diabetes, heart disease, and cancer (2).

Short- and long-term environmental impact

To protect the environment in the short and long term — which also supports humans, since a healthy environment is crucial for our survival — a sustainable diet should (2):

- minimize greenhouse gas emissions, water use, soil erosion, and pollution
- prioritize animal welfare
- support biodiversity

On an individual level, this means making changes like eating less meat and choosing produce grown without harmful pesticides and fertilizers.

On a larger scale, it means investing in agricultural systems that renew — rather than deplete — the ecosystems to which they belong.

Does a sustainable diet need to include more plants?

Sustainable diets should focus on plant foods. Still, this doesn't mean you need to cut out meat or dairy entirely.

A diet high in plant-based foods — fruits, veggies, grains, legumes, nuts, seeds, and any items derived from these foods — and low in animal foods is associated with better human and environmental health (3).

Nearly 40% of the Earth's land is used for agriculture — both crops and livestock — and 35% of all greenhouse gas emissions come from food production. Of those emissions:

- 57% come from animal production
- 29% come from plant-based foods
- 14% derive from other land uses, such as growing rubber or cotton

Plus, Adelaide projects that food production will have to increase by about 70% by 2050 (compared with 2009) to meet the increasing food demands of the world's population (6).

According to the EAT-Lancet Commission (a group of 37 prominent scientists from 16 countries), the best way to reduce both greenhouse gas emissions and agricultural land use is to (3):

- rely less on livestock, which take up more land and create more greenhouse gasses — particularly methane and nitrous oxide
- rely more heavily on crops

That said, the sustainable diet laid out by this commission doesn't call for a complete elimination of animal products. Instead, it recommends limiting your intake to the following amounts per week (3):

- Red meat: 3.5 ounces (100 grams)
- Poultry: 7.1 ounces (200 grams)
- Fish: 6.9 ounces (200 grams)
- Dairy: 61.6 ounces (1.8 liters)

Other reports include similar guidelines, such as flexitarian diets that are mostly plant-based but allow for small amounts of animal foods

Are there downsides to plant-based eating?

Although experts agree that cutting back on meat intake is crucial for sustainability, switching to a plant-based diet isn't an environmental cure-all.

Firstly, the farm system is far from perfect. Industrial agriculture, which focuses on minimizing costs, is known to degrade soil health, harm human health due to mass pesticide use, and contaminate water and soil (8).

What's more, large, industrial farms account for only 1% of the world's farms but occupy 65% of its agricultural land (8).

This means that large farms have control over the market, making it difficult or impossible for small farms — which often use more sustainable practices — to compete (8).

Thus, making your diet more plant-based doesn't necessarily make it more sustainable.

That's why you should pay attention to factors like where your food is grown and its seasonality — as well as why supporting local farmers, when you're able, is so important.

What about plant-based meat?

The sustainability of plant-based meats is complex.

A report sponsored by Beyond Meat states that plant-based meat generates 90% fewer greenhouse gas emissions, has 93% less effect on land use, and requires 46% less energy than beef.

However, the numbers used to create these statistics don't differentiate between beef raised in industrial feedlots and beef raised using regenerative, sustainable practices like intensive grazing management, which can improve soil health and preserve biodiversity.

Plus, research on the environmental impact of plant-based meat is often funded by the companies that manufacture the product.

5. Make Your Home More Earth-Friendly



On its face, implementing sustainable solutions can sound onerous, not to mention expensive. The good news is that creating a healthy oasis at home (and one that's gentle on the planet, too) isn't out of reach at all—and oftentimes, comes with a hefty cost savings thanks to reduced water and energy consumption. It's time to make a change—or several.

Ready to start thinking green? Consider the realistic progress you can make today, what you can add tomorrow, and what to aim for in the future. Here's a checklist to get you started as you tackle new projects around the house this season and beyond.

1. Insulate your house

Adding insulation to the walls of your home prevents warm air from leaking out in the winter. Eschew unsustainable sheep's wool and harmful fiberglass for cotton, which can be made into thick batts for your walls. Other options include cork produced from the regenerating bark of a cork oak tree and cellulose from recycled newsprint and paper.

2. Opt for air sealing

Climate tech company Sealed reports the average home loses up to 50 percent of its heat through the top of the house thanks to under-insulated or unsealed attics. Air sealing a home, which also often includes upgraded insulation, makes temperature easier to regulate—whether you're cooling or heating—and reduces energy usage by rendering climate-control efforts more effective.

3. Rethink your floor plan

Getting in touch with nature has plenty of health benefits, but optimizing your layout to take advantage of natural light is also an easy way to cut down on energy consumption (and save money). “Think about which rooms have the most sunlight and how you are utilizing them,” counsels New York designer Gala Magriñá. “Is there a better way to position your office or a breakfast nook so that they are in brighter light? Are your windows dirty, or are the window coverings broken so you don’t raise the shades?” Addressing such seemingly cosmetic fixes can have a positive impact on your energy consumption.

4. Install sustainable flooring

Reclaimed wood salvaged from old structures like barns or older buildings can be reused and kept from rotting in a landfill—a great way to save trees. It also helps improve air quality, since it's not manufactured and doesn't contain harmful VOCs (volatile organic compounds). Other sustainable flooring options include bamboo, cork, recycled glass, or recycled plastic bottles and tires that can be turned into carpets.

5. Use energy-efficient air conditioners

An energy-efficient air conditioner lowers your energy use and carbon footprint, not to mention your monthly bill! There are two types of units to consider: a split system and packaged central air system using ducts. (Not sure which one right for you? Check out our guide to choosing the best A/C for your home!)

6. Choose hydronic radiant heating



Hydronic radiant heating systems use water to heat a home instead of air. They are much more energy-efficient than forced air gas heating systems—not to mention a lot cheaper in the long run, Silver reveals. Plus, water-based systems reduce allergies, since "air is not being blown around, shooting dust particles," he notes.

7. Invest in solar panels

Solar panels on your roof will source clean, pure energy directly from the sun, thereby reducing the use of fossil fuels. Though it can take some time to realize savings after the cost of installation (EcoWatch estimates that it takes about eight years to break even), solar power is one of the most proven ways to reduce household energy use. Ideally, you'll need a sunny, south-facing roof that's in good shape to support the panels. (You don't need to replace your roof, but do make sure it has got a long life ahead of it.) While solar panels can be costly, many states offer incentives and subsidies for homeowners looking to make the switch.

8. Upgrade your power strips

Some electronics need the steady flow of power (your modem and router, for example); others, like printers or video game consoles, only require energy when in use. To avoid what's called "phantom" power losses without the inconvenience and clutter of unplugging devices outright, opt for a conservation-minded solution like the Simply Conserve 7-Outlet Advanced power strip, which uses a mix of "control," "always on," and "switched" outlets so that the only devices pulling power are those in use.

9. Opt for high-performance windows



Double-pane windows help keep cold air out in the winter and heat from the sun out in the summer. The high-performing windows can reduce the amount of heat escaping by up to 50%. For an extra environmentally-friendly touch, add sustainable blinds made from hemp or bamboo, or cotton curtains for a cozy and quiet bedroom.

10. Install a smart thermostat

Corey Silver, a real estate broker at Re/Max in Toronto, suggests using a smart thermostat to monitor your energy consumption and control the climate of your home using Wifi and a phone app. "Simple digital thermostats can make a huge impact on your energy efficiency," he says. "The ability to schedule your energy requirements based on peak and low usage times is a big advantage. Plus, it can all be done on your smartphone!"

11. Buy energy-efficient kitchen appliances

The Energy Star label was created to reduce greenhouse gas emissions and pollutants caused by inefficient use of energy and is backed by Adelaide. Environmental Protection Agency (EPA). An Energy Star certified dishwasher can save almost 5,000 gallons of water annually. Other Energy Star certified appliances that use from 10% to 50% less energy include washers, dryers, refrigerators, boilers, furnaces, office equipment and electronics.

12. Choose eco-paints and wallpapers for your walls

Eco-friendly paints have lower levels of VOCs and emit fewer toxins, which reduces indoor air pollution. (The Adelaide Environmental Protection Agency offers plenty of resources to help you pick the best sustainable paint or coating for your space.) If you opt for wallpaper instead, be sure to choose an eco-conscious brand like Spoonflower.

13. Replace fluorescent light bulbs with LED bulbs

LED light bulbs consume up to 90% less energy, reduce your electricity consumption, and last longer. They can provide up to 10,000 hours of light, which equals two to four times more than many standard bulbs.

14. Connect your heating and cooling system to an app

When it comes to heating and cooling your home, "set it and forget it" is often the best, no-brainer approach, thanks to smart thermostats by brands like Nest, Ecobee, and Honeywell and apps like Flair or Ambi Climate. Magriñá recommends programming room temperatures on a schedule that matches a family's everyday behaviors: "Smart home solutions are helpful for this because [they] put ensuring a healthy home on autopilot," she says.

15. Keep electrical products for at least seven years

Electronic waste, or e-waste, encompasses any unwanted electronic equipment including old computers, televisions, smart phones, and used cables. These contain toxins such as mercury, lead, beryllium, and arsenic, which can be harmful to the environment and our health. Some parts that make up electronics (steel, copper, iron, glass) can be recovered and made into new items, so they must be disposed of properly—don't throw them in the trash! To help reduce e-waste, keep electrical products for at least seven years, or donate them when you're done.

6. Go Green with Your Cleaning Routine



Use these eco-friendly tips to start cleaning with safer ingredients, cut down on household waste, and save money in the long run.

As "green" cleaning becomes increasingly popular, more and more eco-friendly products in Adelaide 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. 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.

6.1. How To Choose Safe Bond Cleaning Products



People across the globe are choosing non-toxic cleaning products over traditional or store-bought ones. The majority of them have understood the potential health hazards and environmental impacts of using conventional stain removers, solvents and de-greasers.

According to the latest statistics, more than 36 per cent of consumers in Australia prefer having sustainable or safe products for household cleaning. This awareness can make a huge difference and protect the ecosystem from toxic fumes and chemicals. If you are preparing a rental property for a final inspection, carefully choose safe bond cleaning products that can tackle stains and grime with perfection. Read the product labels thoroughly, check a list of ingredients and pick the right cleaners or solvents for your home. Here is a complete guide to help you opt for environmentally safe and effective products for your rental property in Adelaide.

Tips To Choose Safe Bond Cleaning Products

Whether it's a carpet stain or built-up grease in your microwave, it is always good to keep your eyes and mind open when searching for non-toxic cleaning products in the market because many companies do a market gimmick by selling fancy products labelling 'green', 'non-toxic' or 'ammonia-free'. So before switching to green cleaning products, keep the following tips in mind.

Check The Ingredients List On The Label

Don't fall for expensive brands because most of them use some or the other substitutes of ammonia and other equally hazardous chemicals. If you want to choose the right eco-friendly cleaner, check the list of ingredients on the product's label. It includes all the details about every ingredient used in the cleaning product. Avoid the purchase if the list includes the following names:

- Phthalates
- Ammonia
- Bleach
- Parabens
- Sulphates
- Petroleum chemicals
- Triclosan
- Chlorine, etc

Exposure to these chemicals can cause respiratory issues, skin irritation, itchy eyes and even chronic diseases, such as cancer or reproductive problems.

Do Not Overlook Warnings

Most people do not watch for the warning signs and buy chemically-laden cleaning products. It is recommended to avoid products if you see terms like Danger, Irritant, Fragrant, Corrosive, Caution, Poison, etc. Such products often contain hazardous chemicals that can lead to various health concerns. If you still face difficulties removing stubborn stains, book professionals for a budget end of lease cleaning Adelaide and pass your rental inspection. They bring tried and tested products to help you return premises in a pristine condition and get your bond back.

Pay Attention To Eco-Labels & Certificates



It is good to check the authenticity of eco-friendly in Adelaide or biodegradable products before you make a final call. Make sure you consider the following Certificates:

- Good Environmental Choice Australia (GECA): This confirms the authenticity of green cleaning products.
- Environmental Choice Australia (ECA): A renowned eco-label across Australia.
- Australian Certified Organic (ACO): This certificate is for organic or biodegradable cleaning products.

If you have just moved into a rental property, keep this safe cleaning guide in mind and understand your legal aspects of end of lease cleaning to avoid unnecessary disputes during the move-out process.

Look For Genuine Customers Reviews

It is good to read customer reviews of each green cleaning product. This will help you know more about the product, its effectiveness, side effects, if any and you can make the right

decision. If you don't trust any of these products, prepare natural cleaners at home using simple ingredients available in your kitchen pantry.

What Are The Best DIY Natural Bond Cleaning Products?

Seasoned end of lease cleaners Adelaide recommends using homemade products that contain no harmful chemicals and can help them remove stains and grime from a rental property with ease. Here are some of the best options:

A DIY All-Purpose Cleaner Using Vinegar

White vinegar is mildly acidic, with a pH level of 2.4 to 3.4. Thus, it can help you remove grease, grime, mould, beverage stains, spills and hard water stains with ease. You can prepare a DIY all-purpose cleaner using the following ingredients:

- One part of White Vinegar
- 2 tablespoons of dishwashing liquid
- A few drops of your favourite essential oil, such as lavender, tea tree.

One part of warm water



Mix all the ingredients in a spray bottle and clean almost all surfaces except natural stone spots and unfinished wood because of its acidic property. You can remove carpet stains, mould infestation and other toughest grime naturally.

Hydrogen Peroxide: A Natural Mould Remover

This eco-friendly cleaning agent can do wonders when it comes to tackling stubborn stains and mould from surfaces like walls, tiles, curtains, etc. You just need to: Mix one part of 3%

hydrogen peroxide and warm water in a spray bottle. Apply it over the affected area and scrub it off after 5 minutes.

Baking Soda: A Natural Cleaner, Deodoriser & Disinfectant

It is a versatile, eco-friendly cleaning product that can help you clean all surfaces on your property. It can do anything like a magic wand, from removing oil stains to freshening up carpets, banishing bad odours, and killing germs. You can even use it to remove calcium deposits, limescale and grease without leaving toxic fumes behind. It can help you clean caesarstone countertops, bathtubs and other natural stone surfaces without causing any damage.

Borax Powder: A Natural Scrub

You can tackle nasty rust stains and hard water grime using borax powder. Mix it with baking soda or add a few drops of lemon to achieve desired results.

A Natural Steel Cleaner



You need warm water and a mild dishwashing liquid in equal parts. Apply it over the dirty surface and scrub using a sponge. You can also use a cloth for gentle scrubbing and say goodbye to dirt and grime. If you don't want any sort of disagreement at the end of your tenancy, contact the best company for a meticulous end of lease cleaning Adelaide and secure your bond money. They use proper tools and products to tackle stains and grime to help tenants pass their final inspection.

Conclusion

Embracing a more eco-friendly lifestyle in 2024 involves a holistic approach that encompasses various aspects of daily life, from energy consumption and waste management to fashion choices and transportation habits. By adopting sustainable practices such as reducing waste, supporting eco-friendly products in Adelaide and brands, and advocating for environmental conservation, we can all play a part in protecting our planet and creating a more sustainable future. Together, let's continue to make mindful choices that prioritize the well-being of the environment and future generations, ensuring a healthier and more balanced world for all.

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