



Guide To Green
Living: DIY
Solutions for a
Healthy Home

Abstract

The "Guide to Green Living: DIY Solutions for a Healthy Home" is a comprehensive resource that empowers readers to adopt sustainable practices and create a healthier living environment. This guide covers various aspects of green living, including sustainable energy sources, eco-friendly transportation options, and water conservation techniques. It also provides insights into green home design and construction, indoor air quality improvement, and sustainable food choices. Additionally, the guide highlights the benefits of reducing, reusing, and recycling materials. With practical tips and easy-to-follow DIY solutions, this guide is a valuable resource for individuals looking to live a more environmentally conscious lifestyle and create a healthier home for themselves and their families.

"Transform your home into a healthier, eco-friendly sanctuary with our guide to DIY green living solutions"

1. Why Choose Green Living?

Living an eco-friendly lifestyle is essential for the well-being of our planet and future generations. By adopting eco-friendly habits and making sustainable choices, we can reduce our carbon footprint and minimize environmental harm. In this article, we will explore the concept of eco-friendly living and discuss the benefits of embracing a sustainable lifestyle.

What are the fundamental principles of a sustainable lifestyle?

Understanding the concept of sustainability

Understanding the concept of sustainability is essential when adopting a sustainable lifestyle. Sustainability is a multifaceted term that has gained prominence in environmental discourse. It refers to the practice of meeting the needs of the present without jeopardizing the ability of future generations to meet their own needs.

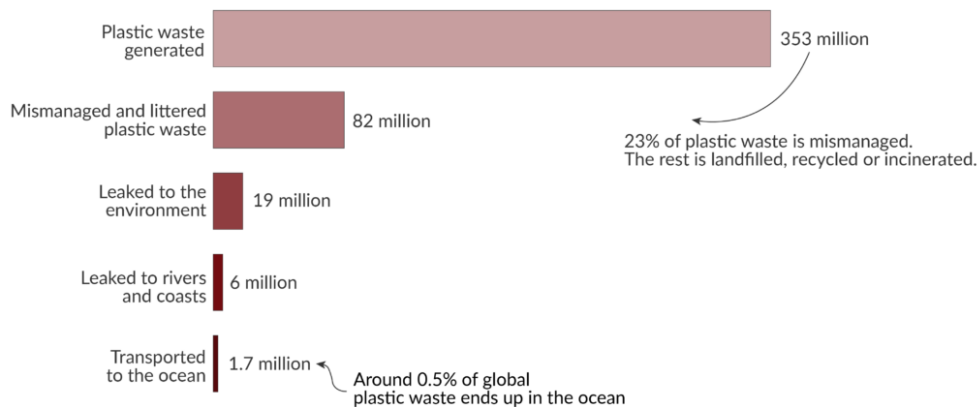
This concept encompasses various dimensions, including environmental, social, and economic aspects. The primary goal of sustainability is to find a harmonious balance among these dimensions to ensure a thriving and resilient planet for future generations.

According to the World Commission on Environment and Development, sustainability is "development that meets the needs of the present without compromising the ability of future generations to meet their own needs" (Our Common Future, 1987). This definition underscores the intergenerational responsibility that sustainability entails. It emphasizes that our actions today should not deplete resources or harm the environment in a way that makes it difficult or impossible for future generations to thrive.

Reducing waste and conserving resources

Around 0.5% of plastic waste ends up in the ocean

The pathway of global plastic waste to the ocean. Each stage of the chain is measured in million tonnes of plastic per year.



Data source: OECD Global Plastic Outlook (2022).

OurWorldinData.org - Research and data to make progress against the world's largest problems.

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In the chart, you can see the path of plastic waste to the oceans, as per the OECD's Global Plastic Outlook (2022). Of all the world's plastic waste, nearly 25% (about 82 million tonnes) is not adequately managed or disposed of, which includes storage in secure landfills, recycling, or incineration.

Out of this, one-quarter (19 million tonnes) escapes into the environment, with 13 million tonnes ending up in the land and 6 million tonnes in rivers or on coasts. From this, 1.7 million tonnes, including 1.4 million tonnes from rivers and 0.3 million tonnes from beaches, eventually reach the oceans. The remaining plastic waste leaks into aquatic environments and accumulates in rivers and lakes. Approximately 0.5% of the world's plastic waste enters the oceans.

Reducing waste and conserving resources are fundamental principles of a sustainable lifestyle. These practices are pivotal in minimizing environmental impact and promoting resource efficiency. According to the United States Environmental Protection Agency (EPA), reducing waste can encompass source reduction, reuse, and recycling.

It not only decreases the amount of waste sent to landfills but also conserves natural resources, lowers energy consumption, and mitigates pollution (EPA, 2021). To achieve this, individuals can adopt sustainable habits such as conscious consumption, reducing packaging waste, and engaging in practices like composting to divert organic waste from landfills.

Choosing renewable energy sources

In these charts, we examine different types of renewable energy sources: hydropower, solar, wind, and more.

The first chart uses a stacked area format, making it easier to see the mix of renewables and how much each contributes. The second chart, a line graph, helps us track changes in each source over time. On a global scale, hydropower stands out as the biggest modern renewable source. However, wind and solar power are also rapidly expanding.

Opting for renewable energy sources is another critical aspect of a sustainable lifestyle. Fossil fuels, including coal and oil, are finite resources and significant contributors to air pollution and greenhouse gas emissions. According to the National Renewable Energy Laboratory (NREL), renewable energy sources like solar, wind, and hydroelectric power are considered sustainable alternatives that harness the Earth's natural processes to generate electricity. These sources can significantly reduce reliance on fossil fuels, lower emissions, and promote a cleaner energy landscape (NREL, 2021). The growing accessibility of residential renewable energy options in many regions allows individuals to support and benefit from clean energy initiatives actively.

What does it mean to live an eco-friendly lifestyle?

Understanding the concept of eco-friendly living

Eco-friendly living is all about making choices that are kind to the environment. This means using products and doing things that don't harm the planet. For example, you can use reusable shopping bags instead of plastic ones, which can take hundreds of years to break down. When you save water or electricity, you're being eco-friendly because it helps conserve resources. Plus, choosing to drive less or use public transportation can reduce carbon emissions that contribute to climate change.

According to the Environmental Protection Agency (EPA), eco-friendly living also includes reducing, reusing, and recycling to decrease waste. This not only saves money but also reduces the amount of trash in landfills. By making these eco-conscious choices, you're not only helping the planet now but also ensuring a better, more sustainable future for generations to come. How can I incorporate eco-friendly practices into my daily life?



- Recycling: Establish a recycling routine at home and recycle materials like paper, cardboard, glass, and plastic.
- Composting: Reduce waste and enrich the soil by composting kitchen scraps and yard waste.
- Conserving Water: Fix leaky faucets, take shorter showers, and collect rainwater for outdoor use to save water.
- Natural Cleaning Products: Use eco-friendly and non-toxic cleaning products to reduce harmful chemicals in your home.
- Energy-Efficient Appliances: Invest in appliances with high energy-efficiency ratings to reduce energy consumption.
- LED Lighting: Replace traditional incandescent bulbs with energy-efficient ones to save energy and money.
- Reducing Waste: Embrace the “reduce, reuse, recycle” mantra to minimize waste in your daily life.
- Public Transportation: When possible, use public transportation, carpool, or bike instead of driving alone.
- Shop Responsibly: Choose products with minimal packaging, buy in bulk to reduce packaging waste, and support eco-friendly brands.

These simple steps can go a long way in reducing your environmental impact and promoting a more sustainable lifestyle.

2. Benefits of Green Living

You've probably heard the phrase 'going green' as it relates to saving the environment. But why go green? What are the advantages of going green, what does it even look like, and how can you actually do it?

Going green is a term for finding a way to live your life in an environmentally-friendly way and altering your behaviors and spending habits in such a way to help preserve the planet and limit your personal impact upon it.

This could be in the form of developing simple eco-conscious habits, such as recycling or composting, or it could involve more dramatic changes like completely revamping your energy-consumption habits.

There are many ways of going green – and we're going to explore these and discuss their various advantages.

Looking for more information about sustainable living? These best books on green living will tell you everything you need to know.

What does going green mean?

As we've already touched upon, going green means embracing a way of life that helps preserve the environment by reducing, reusing, and recycling items. It can also involve us moderating our own behaviors to have a smaller impact on the environment.

Adopting a 'greener' way of living means adopting an environmentally-mindful lifestyle that contributes to protecting the environment. This means the preservation and conservation of natural resources, habitats, and biodiversity.

Explained very basically, going green means adjusting your life to find a balance between living your life, and having as little of a negative impact on the environment as you possibly can.

What are the advantages of going green?

Going green has numerous benefits at home, in the workplace, and to the economy at large. Brands and businesses have made shifts toward greener practices – from eliminating the use of plastics in certain products and packaging to growing organic foods.

The advantages are numerous, and while it might seem like common sense – it's worth highlighting the many changes that regular people can make right now for a greener way of living.

Three advantages to going green

The advantages of going green can fall into three major categories: economic, health, and environmental benefits.

Let's dive into these major categories and how you can do your part in going green.

Economic benefits of going green



A significant economic benefit of going green is that it helps lower costs and save money. The use of renewable energy helps reduce energy consumption, which in turn helps save money spent on electricity bills (which is a benefit to the individual).

Going green at home helps reduce water and power bills significantly. Avoid under-filling the washing machine, add water-saving appliances in showers and washrooms, and opt for low-flush toilets if you can – it all adds up!

Buying recycled products can be cheaper, and it obviously helps save on production costs (since it would have been more costly to use virgin raw materials). Waste reduction also helps save the costs associated with waste disposal.

Another advantage of going green is that one can receive discounts and incentives for green living, for instance, some states offer incentives to those that opt to live in green homes. Green homes create ways to consume less energy, which helps reduce utility and maintenance costs.

Health benefits of going green

Going green has collective benefits for our health. It reduces dependency on fossil fuels and other depleting resources. Organic farming boosts the economy and means that we can eat local, organic, and seasonal produce which is much better for our health.

Going green by reducing or eliminating air pollutants obviously increases the quality of the air we breathe. Just like an adage goes, “prevention is better than cure,” – reducing pollutants is cheaper than trying to clear pollution from the environment if we allow it to spread.

Environmental benefits of going green

In addition to the health and economic benefits already mentioned, going green has numerous environmental benefits. Going green through organic farming leads to responsible farming practices and land use.

The cumulative effects of going green, as outlined in this article, can ultimately lead to less deforestation – which is crucial for the environment. Embracing paperless practices at home or in the workplace, for example, means there is less demand for paper, so fewer trees are cut down, and it just might mean that the rainforests have a fighting chance!

3. Sustainable Energy Sources

Each year the stakes grow higher in the fight to save the environment and combat global warming. Now more than ever, we're aware of the damaging effects that our current dependence on fossil fuels holds for our collective futures. One of the key solutions? Sustainable energy.

Fossil fuels (e.g. coal, natural gas and oil) are not only harmful to the planet when burned daily for energy, but they're also unsustainable as finite resources. Sustainability refers to the concept that all people can meet their basic needs infinitely, without compromising future generations. Sustainability in terms of energy embraces the same principles.

One day the world will run out of fossil fuels. Read on to discover how sustainable energy matters and its significance when it comes to the future of our planet.

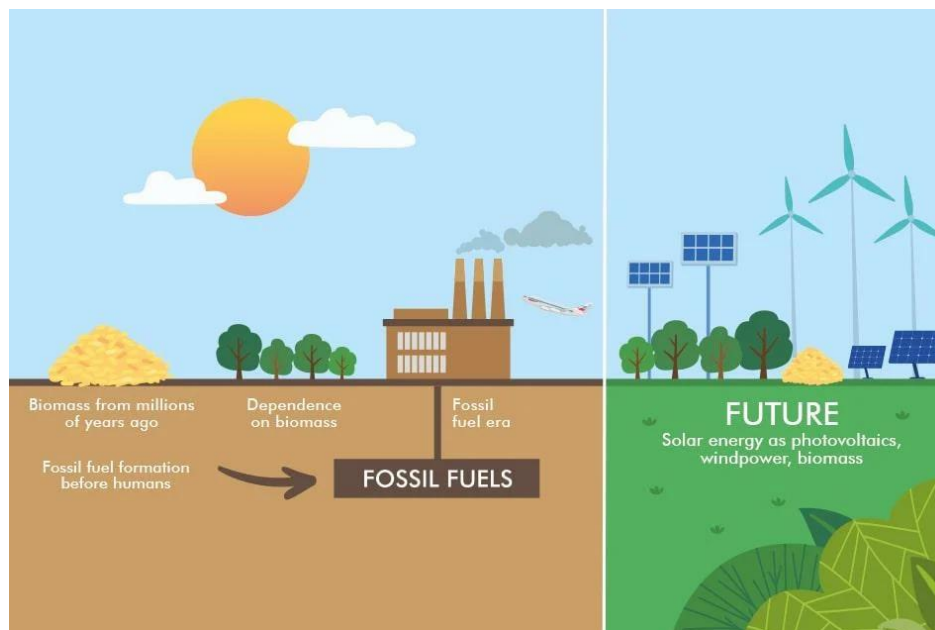
What is sustainable energy?

Sustainable energy includes any energy source that cannot be depleted and can remain viable forever. It does not need to be renewed or replenished; sustainable energy meets our demand for energy without any risk of going bad or running out. This is why sustainable energy is the answer to our energy needs.

Furthermore, sustainable energy doesn't harm the environment (or at most, there is a minimal risk), increase climate change or cost a heavy price. Although there is a cost associated with creating and building ways to capture sustainable energy, the energy sources themselves are typically free.

Examples of sustainable energy sources include wind, solar and water (hydropower). All of which can be considered inexhaustible and widely available to almost everyone. Geothermal energy can also be included as a sustainable alternative energy source. Geothermal energy creates usable energy from the planet's internal energy sources, such as geysers. Sustainable energy systems are dependent upon engineers to further progress. For an in-depth introduction to sustainable energy, explore Toolseeram Ramjeawon's "Introduction to Sustainability for Engineers." This book provides students with a framework for how to put sustainability into practice. It also highlights the design process and offers a variety of case studies to comprehensively cover sustainable energy.

What is the difference between sustainable and renewable energy?



People often use the terms "sustainable" and "renewable" interchangeably. However, there is a difference between the two: the possibility of replenishment.

Sustainable energy, as highlighted above, is theoretically inexhaustible. It cannot be depleted because sustainable energy sources don't need to be replenished. For example, think of the sun or wind. Neither resource needs to be created or replaced.

On the other hand, renewable energy is theoretically exhaustible — it uses resources from the earth that can naturally be replenished, such as crops and biomatter. A renewable energy

source like bioenergy uses biological masses (e.g. agricultural byproducts like straw and manure) to create energy. Another example of bioenergy is ethanol, which is made from sugarcane and corn. Since these crops can be planted and farmed to generate more energy, it's a type of renewable energy. For more information on renewable energy systems, take a look at Vladimir Strezov and Hossain Md. Anawar's "Renewable Energy Systems from Biomass: Efficiency, Innovation and Sustainability," which explores the ties between bio-related renewable energy systems and overall sustainability:

Another helpful resource is Ram K. Gupta and Tuan Anh Nguyen's "Energy from Waste: Production and Storage," which considers how waste from various sources can be used in energy production and storage applications. It similarly discusses the connections between renewable energy systems and long-term sustainability.

Different types of renewable energy are just as important in the search for clean energy options because they don't pollute the atmosphere, increase climate change or cause more damage to the environment.

Why is sustainable energy important for our future?

When we consider sustainable energy and our future, it's essential to also understand what the current energy crisis is doing to our planet right now.

Due to human activity, the earth has grown 1.5 degrees hotter since the industrial revolution — a staggering amount in such a short period of time compared to pre-industrial revolution times. Many factors have contributed to this increase, but a major cause is our burning of fossil fuels for energy. The most prevalent greenhouse gas is carbon dioxide (CO₂), which has triggered immense global warming.

Although carbon is an essential element within the earth's ecosystem, there needs to be a sustainable balance — which is not the current situation. Carbon particles have become trapped in the earth's atmosphere, between the surface and ozone layer. This is insulating our planet and warming it up, which is causing catastrophic effects: glaciers are melting, sea levels are rising and extreme weather events (e.g. hurricanes, heatwaves and floods) are escalating. Beyond that, finite energy source facilities are polluting the air, water and soil increasingly every day. Besides destroying our natural environments, it's causing undue harm to the health of people globally.

Although humans have done irreversible damage to the environment, there's still hope in how we maintain and mitigate repercussions for future generations. The solution lies in how we stop flooding our atmosphere with carbon dioxide and reduce our emissions.

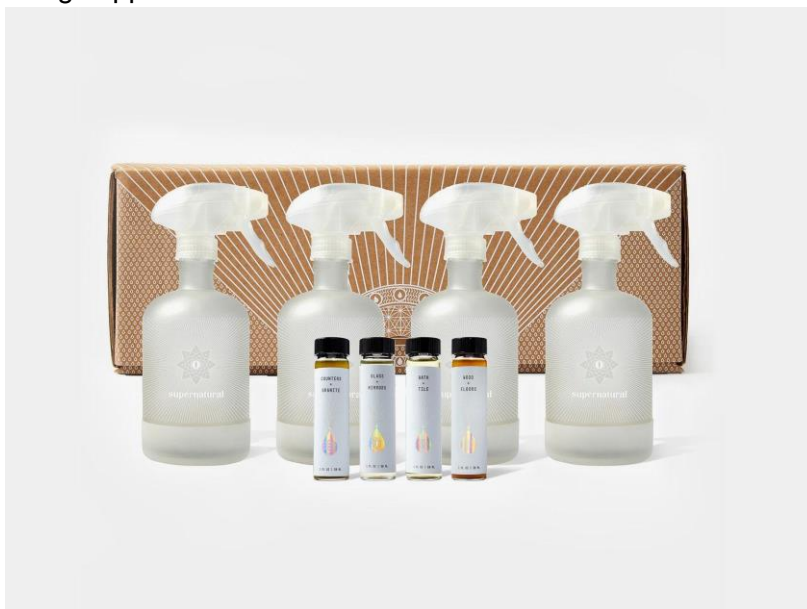
Remember, sustainable energy produces little to no global warming emissions. By choosing sustainable energy resources and committing to clean energy, humans can effectively slow down the acceleration of climate change.

To learn more about the chemistry behind sustainable energy, we have two books that can help you get started. Nancy E. Carpenter's "Chemistry of Sustainable Energy" is a great resource for students who want to understand the fundamental principles of chemistry that tie into long-term energy solutions, including wind power, fuel cells, solar photovoltaics, biomass conversion processes and next-generation nuclear power.

For a university-level environmental chemistry approach integrated with toxicological chemistry, there is Stanley E. Manahan's "Fundamentals of Environmental and Toxicological Chemistry: Sustainable Science." This best-seller focuses on the relationship between sustainability and green chemistry, and how they impact the five environmental spheres (hydrosphere, atmosphere, geosphere, biosphere and anthroposphere).

4. Green Cleaning and Household Products

DEEP-CLEANING MY HOUSE tends to leave me with a lot of plastic bags, paper, and plastic containers to throw away. It got me wondering how I could make my cleaning routines less wasteful. Scientists are developing new ways to recycle plastic, but it's not an Earth-friendly material, and cleaning supplies use a lot of it.



Common solutions like disinfecting sprays and soaps are largely composed of water, which makes those products heavy and hard to ship efficiently. Excessive packaging is another factor in cleaning-product waste, as are harmful chemicals that can end up in the water supply (or in you). Add in the risk of microplastic shedding and a gazillion greenwashed Instagram ads, and it can be difficult to know how to make things clean and greener.

Below are some of my favorite cleaning products that try to be environmentally conscious. They won't feel too different from what you already use and are relatively affordable. For the ultimate cheap minimalist cleaning solution, baking soda and vinegar paired with elbow grease will do the trick for many tasks (though baking soda can harm certain materials like aluminum, so do your research). Don't see anything you like? Be sure to check out our other eco-friendly guides, like the Best Reusable Products and the Best Recycled Products.

Eco-Friendly Cleaners for the Whole House

Some makers of cleaning supplies offer general-use products you'd typically buy in spray bottles. All of the brands mentioned here also take additional steps, like offering refills, using simpler ingredients, or shipping without plastic. The products below all work fine, so go with whichever fits your cleaning style, budget, and aesthetic goals—because, yes, they're all nice to look at.

Supernatural's kit is pricey, but it goes on sale a few times a year. The glass spray bottles are hefty (in a good way), and the silicone bottoms keep them in place. The nozzles don't clog or get jammed, though the bottles can leak if you don't twist the lid closed carefully. The glass concentrate vials contain blends of essential oils designed for windows and mirrors, counters and granite, bath and tile, or wood and floors. The products smell amazing—like fresh botanicals, not artificial or chemical like most cleaning solutions. This set is the only one I've continued to purchase refills for.

Blueland's cheap refills come in the form of dissolvable tablets. You'll get a few reusable Tritan Forever Bottles by purchasing a \$39 starter kit. Starter kit refills include hand soap, bathroom cleaner, glass and mirror cleaner, and multipurpose cleaner. Blueland also offers laundry soap, dishwashing essentials, and various accessories. You can mix and match products to suit your needs. Everything I tried smelled great and worked well. The tablets can take a little while to dissolve, so mix the solutions up an hour or two before you plan to tackle your chores.

The starter kit gets you a 34-ounce bottle of sustainable concentrated cleaning solution, spray bottles with fill lines for easy dilution, and a tub of Oxygen Boost powder. You'll get enough concentrate for three bottles each of all-purpose cleaner, glass cleaner, bathroom cleaner, and foaming wash, plus a 64-load laundry bottle. The unscented concentrate is powerful and made from simple ingredients. You can also buy it separately and supply your own bottles. Fans of nice-smelling cleaners might find this set lacking, but a few drops of essential oils would liven things up in the olfactory department.

For the Kitchen



After my testing, I permanently converted to this dish soap. It's made of plant-based ingredients, and the biodegradable formula gets the job done. It doesn't dry out my hands as much as the stuff I used to use. It's available in multipacks online.

This bar is technically meant for cleaning tough stains on your clothes before you toss them into the laundry. Dampen the end of the bar and the stain, scrub away, and then toss the garment into the laundry. However, the bar effectively doubles as dish soap. I also like No Tox Life's (\$12) dishwashing block. Pair it with a brush (\$8) for more suds.

These fast-drying biodegradable cloths are made of cellulose and cotton. Unlike typical washcloths, these don't get smelly or mildewy. You can wash them up to 200 times in your washing machine or the top rack of your dishwasher. The eye-catching designs are a bonus. Mine started degrading after a couple of months of use but lasted longer than similar products I tried.

10 Surprising Things You Can Clean With Cream Of Tartar

Baking enthusiasts may be aware of the uses of cream of tartar in making cakes, meringues and cookies, but it remains a puzzling ingredient for most of us.

Although we have seen it in several kitchens, its use in house cleaning has never been propagated. The baking element enjoys less popularity than baking soda for making desserts. Thus, it has become an unnoticeable part of the pantry.

However, this by-product of the wine-making process effectively cuts through the grease and removes stubborn stains. The powdery and acidic substance is also known as potassium bitartrate and tartaric acid and can be used as an all-purpose scrub in the house. Here is a list of ten surprising things you can clean with cream of tartar to sparkle your home in minutes. These no-fuss cleaning hacks offer organic cleaning methods that work for every home.

Clean Your Carpets With Cream Of Tartar

Stained carpets can become an ugly sight that can grab the attention of guests quickly and create a bad impression. To save the embarrassment, prepare a mixture of lemon juice and cream of tartar and apply it on the stains. Let it dwell for a few hours, and then clean the carpet's surface with a damp cloth to remove the stains. The same hack can be used on stained clothes.

Remove Grime From Stainless Steel Utensils



Stainless steel utensils get heated up quickly, often leading to staining of pots due to the food sticking to the base. It leads to the creation of a layer of grime and burn marks on the utensils. Cream of tartar can easily eliminate this build-up and is often recommended by end of lease cleaning Melbourne professionals. Start by sprinkling it directly on the grime and then filling the pan or pot with hot water.

You must let the mixture stay in the utensils for ten minutes and then scrub it off with a kitchen sponge or scrubber. Rinse it under water and watch your kitchen shine with the sparkle of the stainless steel utensils.

Get Rid Of Ants Without Chemicals

Spraying toxic chemicals in your home to remove ants is bad because the fumes get mixed with indoor air. Inhaling the toxic air can be dangerous for children and pets. However, you can get rid of ants in your garden and kitchen in an eco-friendly way by sprinkling some cream of tartar in the infested areas. Experts in end of lease cleaning Melbourne use this method often to eliminate pests.

Brighten The Toilet Bowl With Little Effort

Dirty toilets are annoying and a health hazard. To keep your toilet sanitised and tidy, you need to sprinkle some cream of tartar in the toilet bowl.

Now, use the toilet brush to scrub the stains and dirt away. Finally, flush it all down to regain the shine of your bathroom. It is a highly recommended cleaning hack suggested by professional end of lease cleaning companies in Melbourne.

Make An All-Purpose Natural Cleaner

Homes are filled with surfaces that accumulate dirt and grime over time and need to be wiped effectively. Budget end of lease cleaning Melbourne professionals make an all-purpose cleaner for this reason that removes filth from almost every surface.

It can be made by mixing equal parts of cream of tartar and the antibacterial cleaning agent – white vinegar. It works like magic and can be used on grout lines, sinks, aluminium appliances, bathroom tubs, etc.

Shine Up Your Copper And Brass Items

Copper and brass items become darkened with time and lose their sheen. To maintain their natural lustre, you can make a paste with two parts of cream of tartar and one part of vinegar. Apply this paste on the items and scrub the surface with an old toothbrush. Rinse them under warm water and then wipe with a microfiber cloth to remove all water drops.

Remove Rust Marks From Kitchen Items

Many kitchen utensils and iron items in the house accumulate rust stains because of moisture and water drops that stay on for too long. An easy way used by the best end of lease cleaning Melbourne service providers is the application of a paste made from cream of tartar and hydrogen peroxide.

You must allow it to sit on the stains for a few hours and then scrub the surface to remove the rust marks.

Clear The Drains With Cream Of Tartar



Drains in the kitchen can become clogged with daily utilisation. It can also start to smell and lead to unhygienic conditions. You can eliminate this problem by mixing a quarter cup of baking soda, a quarter cup of salt and one tablespoon of cream of tartar.

Pour this mixture down the drains and follow it with a cup of water. Let it stay for a minute, then flush the muck down by washing it away with water.

Get Rid Of Unsightly Scratches From Dishes

Cutting, chopping and scrubbing can leave scratch marks on your dishes, making them unusable in front of friends and guests. However, with the help of a paste made from the cream of tartar and water, you can make them go away.

Apply the paste on the scratches and wipe them with a clean cloth before rinsing them to get their original appearance back.

Use Cream Of Tartar For Wiping Microwaves And Ovens

The microwaves and ovens have a glass surface, which is often covered with stains and greasy dirt because of daily cooking and splatters. You can remove them quickly by mixing a quarter cup of tartaric acid and a tablespoon of water. Apply the mixture on the surfaces of the appliances and wipe it with a clean cloth to remove all the dirt and marks.

Wrapping Up

Cream of tartar may have become a forgotten baking ingredient in households, but it can serve several other purposes. If you are a green cleaning enthusiast, try the methods mentioned above to make your home clean and tidy.

5. DIY Solutions for a Healthy Home

Some of the items in your pantry (like baking soda and vinegar) work as effective homemade all-purpose cleaners and, even better, cost next to nothing. So the next time you're staring down a big mess but you're out of your favorite cleaning product, don't run to the store — try one mixing up one of these recipes for DIY homemade cleaners that work instead. These natural products will kick grime to the curb and keep your wallet happy.

1. Scented All-Purpose Cleaner

What you'll need:

- One part white vinegar
- One part water
- Lemon rind
- Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the homemade all-purpose cleaner to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Besides a fresh scent, the lemon rind may help boost cleaning power. Caution: Do not use acidic cleaners on granite, as they will etch the stone and proceed cautiously on stainless steel. Some manufacturers recommend against using vinegar on their appliance surfaces.

2. Kitchen Cleaner and Deodorizer

What you'll need:

- 4 tablespoons baking soda
- 1 quart warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda for this homemade kitchen cleaner. "Baking soda makes a great deodorizer and can be used to shine stainless steel sinks and appliances," says Carolyn Forte, executive director of the Good Housekeeping Institute Cleaning Lab. To deodorize, use the homemade baking soda solution above or pour baking soda straight from the box into your drain or garbage disposal to remove odors. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.

3. DIY Glass Cleaner



What you'll need:

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol 70% concentration
- 1 to 2 drops of orange essential oil for smell (optional)

This homemade cleaner will leave your windows and mirrors sparkling. Simply combine these ingredients and pour them in a spray bottle to make a homemade cleaner with ingredients you already have on hand. Not only does it do a great job cleaning but the orange essential oil gives it a pleasant natural citrus scent and the rubbing alcohol helps it evaporate quickly to minimize spots and streaks. Hint: Avoid cleaning windows on a hot, sunny day or in direct sunlight, because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

Bottom Line

Incorporating these DIY green living solutions into your daily routine not only benefits the environment but also creates a healthier and more sustainable home for you and your loved ones. By making simple changes, such as using eco-friendly cleaning products, reducing energy consumption, and growing your own food, you can significantly reduce your carbon footprint and contribute to a cleaner, greener planet. Start small by implementing one or two changes at a time, and gradually incorporate more sustainable practices into your lifestyle. Together, we can make a difference and create a healthier, more sustainable future for generations to come.

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