

# Easy Hacks to Make Your Home More Sustainable



By: Jassica Thorne

## **Abstract**

Making your home more sustainable can be both simple and effective with a few easy hacks. Start by swapping out traditional incandescent light bulbs for energy-efficient LED bulbs, which use significantly less electricity and last longer. Implement a recycling system in your home to reduce waste and ensure proper disposal of materials like paper, plastic, and glass. Save water by installing low-flow showerheads and faucets, and consider using a rain barrel to collect water for gardening. Reduce energy consumption by unplugging electronics when not in use and using a programmable thermostat to better manage heating and cooling. Additionally, try to support local and organic produce, which reduces your carbon footprint by cutting down on transportation emissions and supporting sustainable farming practices. These small changes can collectively make a big impact on your home's sustainability.



## **1. Introduction**

Creating a more sustainable home can be achieved with a few straightforward adjustments. Start by reducing your energy consumption: install a smart thermostat to optimize heating and cooling, use power strips to easily switch off multiple devices, and insulate windows and doors to maintain indoor temperatures. Transition to reusable products, such as cloth grocery bags, stainless steel water bottles, and washable cleaning cloths, to cut down on single-use plastics. Implement water-saving measures by fixing leaks promptly, using water-efficient appliances, and capturing rainwater for outdoor use. Enhance indoor air quality by



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

### **1. Stop using plastic bags when shopping**

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

### **2. Stop buying ‘halves’ of fruit and veg**

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

### **3. Opt for glass or reusable plastics**



“Stop buying convenient ‘squeeze-tops’ for products like tomato sauce, honey and mayo. Choose a glass jar or make your condiments yourself. You can grab a teaspoon and take out

what you need. You can reuse the glass jars for pantry items, storing stock and so on.” – Alexx Stuart, author of Low Tox Life

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

#### **4. Ditch the plastic wrap**

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

#### **5. Back to bar soap**

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

#### **6. Reusable razors**



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

### **7. Sleep in natural fibres**

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

### **8. Watch what you wear**

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

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

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

### **9. Buy in bulk**

If you were to sift through your recycling bin at the end of the fortnight, how many empty plastic shampoo, detergent, and spray-and-wipe bottles would you find in there? The most simple yet effective thing you can do to reduce plastic waste at home is to switch to refillable cleaning and body care products or subscribe to a brand like Zero Co who deliver personal-care and home-cleaning products direct to your door, minus the single-use plastic. The Starter Kit is the perfect place to, well, start. You'll get all your 'Forever' bottles (made from ocean, beach and landfill waste) and refill pouches, then all you need to do is purchase refill pouches as you need them. You'll also receive a postage-paid return mailer with every order so you can return your refill pouches to be recycled. It's that easy!

## **10. Make your own cleaning products**

Making your own natural cleaning products is another way to reduce plastic waste, along with nasty chemicals, in the home in Perth. If you're unsure where to begin with natural cleaning, here are six basic organic DIY cleaning solutions that you can mix up in reusable glass spray bottles.

## **3. Incorporate Solar In Your Home**



Sustainability is a growing trend for homeowners looking for greener ways to live and function in the world. Part of that trend is moving more powered items to renewable energy, like solar, so that homes require less use of fossil fuels. Installing the best solar panels you can find is an obvious choice, but that's not the only way you can make your home greener.

Here are some unique ways to further incorporate solar power into your home and garden.

### **1. Try Solar Lights**

Solar lights are already quite well known.. But they're not only useful for casting a glow on dim pathways. Highly efficient solar-powered light sources can be useful for illuminating an entire home in Perth, the front of the garage or even dark corners of the yard.

In fact, solar lights are probably the most flexible application of solar power possible right now, since a small solar panel with a light sensor is used to switch these lights on and off, as well as charge them throughout the day. If you'll be using them on porches or under canopies, just be sure to set the solar panel in a spot away from the shade, so it can charge enough to run all night.

## **2. Start With Solar Security**

In addition to lights, other kinds of security equipment are frequently run off of solar power. This allows homeowners to install easy, DIY systems anywhere around their homes without having to hire an electrician to run new circuits. Security lights can work with solar power instead of electricity from the home's main system and so can security cameras with WiFi connections.

You can now install a security camera in places previously considered impossible, like on a storage building in the back of your yard, for example, or on a freestanding carport that has no electricity already running to it. The possibilities are endless, even if you just want a solar outdoor camera so you can watch your pets while you're at work.

## **3. Look Into Passive Solar Heating**



Although there are homes specifically designed to take advantage of the energy from the sun and use it in place of all or most of the daily heating needs, most standard homes get enough sun to benefit—even a little bit—from passive solar heating. Passive solar heating is pretty much exactly what it sounds like: using the sun's rays to heat your home instead of electricity, gas or other combustibles.



All you need are windows that get direct sunlight and shades that can be fully opened to take advantage. Passive solar heating won't replace your heating system entirely if your house wasn't designed for passive solar, but it can help. Along with passive solar heating, installing heavy, insulated curtains can help hold heat inside for a lot longer.

#### **4. Get a Solar Powered Water Heater**

Water heaters use a surprising amount of energy, and those that are gas-powered can do double harm by also gulping down fossil fuels. There are several different types of solar water heaters, but they all work by capturing the sun's heat and using that to warm up regular tap water that's been stored in a tank. If you need a lot of hot water in your home all the time in Perth, you may need more than one unit or an ultra-efficient model like an evacuated tube collector.

However, even using a single solar powered water heater for specific tasks like cooking or washing dishes can make a big difference in your energy consumption, as can turning the thermostat on your traditional water heater down to the minimum you need to get warm water to your tub or washing machine.

#### **5. Try Solar Pool and Hot Tub Heaters**

Much like a solar powered water heater, solar pool and hot tub heaters warm the water directly, rather than just using electricity collected to power an appliance. For this reason, your pool or hot tub should be configured with safety shut-offs, as the water can sometimes get very hot very fast, especially in hot tubs.

In both pools and hot tubs, these solar heaters are incorporated alongside your existing pool equipment. The water that's running through your filter, sanitation and pump equipment is also directed across the solar pool or hot tub heater to collect warm water and carry it back to the pool. But keep in mind that during the winter, you may need a backup heater for your pool depending on where you live.

#### **6. Install Heat Storage Tubes**

Water can collect and store a great deal of solar heat throughout the day, but many people don't take better advantage of this fact. That's exactly what heat storage tubes are all about. They contain pressurized water that's strategically placed to warm throughout the daytime and then slowly release heat all night long.

Although generally designed for commercial spaces, these pillars of water can make attractive and useful statement pieces if you happen to have a greenhouse or passive solar designed home. Remember if you install something like this, you'll need to be sure that the structure can bear the weight of units that hold up to 288 gallons, or 2,400 pounds, of water.

## 7. Mount Solar Shingles

Solar shingles are similar to roof-mounted solar panels but more expansive. Instead of simply adding bulky solar panels to a house with existing shingles, then having to remove those panels when the home needs to be reroofed, try solar shingles. They are simultaneously solar collectors and an effective roofing material usually available from the best solar companies.

Solar shingles are also durable. They can soak up a lot of solar energy and are very attractive and low maintenance, making them popular to homebuyers as well. As with any solar system, you'll want to have your solar shingles properly sized to ensure that you're generating enough power to offset your home's usage without spending extra for power you can't take advantage of.

## 4. Shop sustainably for your home



How do you shop sustainably for your home? Buying items for our homes is essential, not to mention fun, but many of us want to reduce our impact on the planet as we do so while maintaining the style, comfort and functionality of all our spaces.

'As an ethical and holistic designer, every decision I make has an environmental or social impact, so I am rigorous when it comes to selecting "better" products for my clients,' says Maria Tibblin, Holistic Design Director, Maria Tibblin. 'Whilst we can't always be perfect, and sometimes the information we need is not clearly presented or available, the more we ask retailers and suppliers the right questions regarding product origins and how they have been made, it will inevitably impact the products they choose to stock and sell.'

We've put together top options for eco home improvements big and small, to help you make sustainable choices while you shop.

## 1. Choose Sustainable Furniture For Interiors And The Backyard

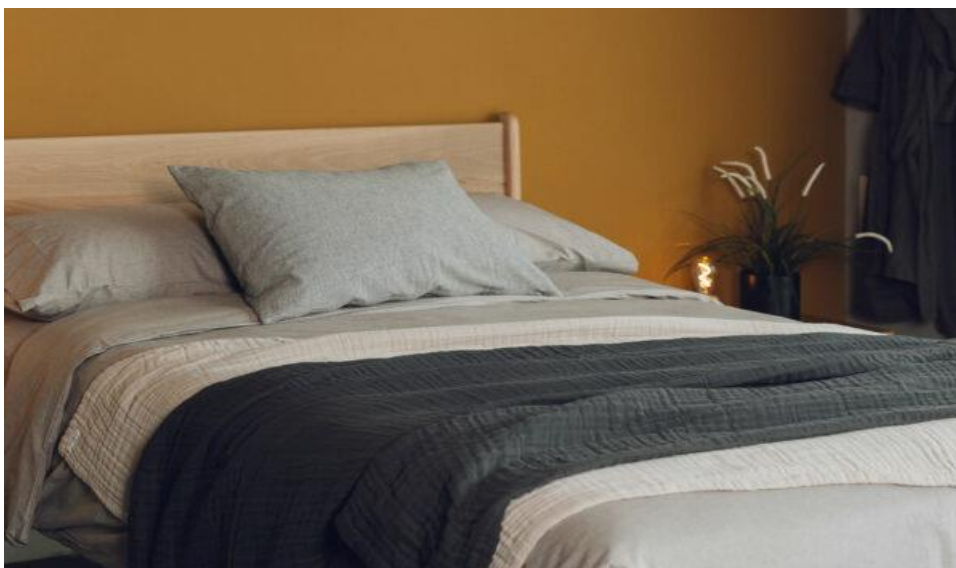
When you're choosing furniture trends for inside or the backyard, there are a whole host of options. You might want to take the re-use route and shop for second-hand pieces at auctions or in store. Items might not start off just right for your style, but you can give them a makeover, or call on local restorers and upholsterers to update them or enhance comfort.

Consider, too, items made with materials that would otherwise have ended up in a landfill. 'Forging unique designs from materials that would otherwise have ended up in landfill is one of the most sustainable choices we can make,' says James Barker, Managing Director at based furniture brand Barker and Stonehouse. 'Reclaimed, recycled and recyclable furniture not only minimizes waste, but it has a much lower carbon footprint too, as the energy that would have been required to harvest or create that material anew is saved.'

Barker and Stonehouse, for example, uses textile components made from recycled plastics. 'Recycled plastics can be turned into high-quality fibers that make fantastic fabrics and fillings for upholstered furniture. Our Big Blue sofa [above] is a perfect example of this, with the fabric made entirely from plastic bottles and the fiber cushions from plastic waste gathered from oceans.'

'Overall, materials that come from renewable or recycled sources are better for the environment. Room & Board's Urban Wood Project reclaims materials from Baltimore row homes targeted for demolition, and from trees taken down due to storm damage, safety concerns, disease, and canopy management,' says Emily McGarvey, Room & Board's director of sustainability. 'Growing this circular supply chain means diverting these trees from landfills and transforming them into heirloom quality furniture.'

## 2. Shop A Sustainable Mattress



To shop sustainably for the bedroom, it's important to consider what the best mattresses are made from as well as think about what happens to it at the end of its life. Over 20 million mattresses are destined for landfill in the US per year, while the figure is 7.5 million, according to The Furniture Recycling Group. Think ahead when you buy and look for a mattress that'll last at least 8-10 years, and one that's fully recyclable.

Eco-friendly mattresses are made using materials such as cotton, linen, wool, latex – which is also a natural material – or bamboo, which could be combined with coils, depending on the mattress design. Some manufacturers are also making use of fiber made from recycled plastic bottles in their mattress designs, keeping the waste out of landfill and oceans.

### **3. Check The Labels**

Manufacturers and retailers are making it easier to choose sustainable furnishings thanks to a slew of product call outs and certifications now given to items that are better-for-the-earth.

'There are many product call-outs and certifications related to sustainability. Also, social and environmental sustainability covers a wide range of topics including materials, chemicals, fair wages, and waste (just to name a few),' says McGarvey. 'Understanding what sustainability topics are most important to you will focus your search for more sustainable products.'

To choose sustainable materials or recycled content, look for FSC-certified wood, for example, which means that the wood had been sourced from a responsibly managed forest.

### **4. Shop Climate Neutral Brands**



Perhaps the most elite sustainability certification is given to products that are Climate Neutral.

'Climate Neutral means that greenhouse gas (GHG) emissions from a certified brand for a calendar year have been fully compensated by GHG reductions or removals, and that the brand is actively implementing plans to reduce emissions from its value chain,' says Austin Whitman, Climate Neutral's CEO. 'Brands have to show that they have met the requirements of our standards, in order to get the certification, and must re-certify annually.'

### **5. Make Lighting Eco-Friendly**

It's become far easier to pick lighting that has less of an impact on the planet over recent years – both for interiors and for the backyard.

'For inside the home in Perth, the two main eco-friendly lightbulbs available are LED and CFL,' explains Matthew Currington, Technical Director, The Lighting Superstore. 'Despite initially costing more than the traditional bulb, both are great for the environment as they last significantly longer – CFLs around nine years and LED up to 22 years – are much more energy efficient and you'll end up saving money in the long run.'

### **6. Focus On The Bathroom**

Buying sustainably for the bathroom might not come immediately to mind when you're designing it, but you can take steps to make a revamped room a more eco-friendly space.

Look for fixtures that can be recycled at the end of their lives and those that are made using recycled materials, such as the baths, basins and shower trays at Kaldewei (above) where they are manufactured from 100 percent

recyclable steel enamel, a percentage of which has also been recycled. Invest in designs that cut water use as well, including toilets, faucets and showers.

### **7. Select Eco Appliances**

Pick home appliances that are built to last, save energy – and in the case of laundry appliances and dishwashers, water, and that conserve natural resources. Look for the Energy Star label for choices that will better protect the environment as well as saving money and check the EnergyGuide label.

### **8. Factor In Window Treatments**

Plastic bottles aren't just getting a second lease of life in mattresses (see above). It's possible to get shades made using fabric that's woven from recycled bottles to dress the windows in your home.

If it's plantation shutters you prefer, opt for those made from wood, but make sure the timber comes from a sustainable source. Look for FSC certification.

### **9. Focus On Eco Flooring**

Choose reclaimed wood flooring or tiles and you can enjoy a floor that already has rich character plus keep the materials someone else no longer wants out of landfill.

It's important to verify the flooring has been ethically sourced, however. Only buy from a reputable provider. For new wood flooring, meanwhile, look for FSC accreditation which will show the timber comes from responsibly managed forests.

## **5. Go Green with Your Cleaning Routine**



As "green" cleaning becomes increasingly popular, more and more eco-friendly products are lining the shelves at retailers. Not only are they better for the environment, but cleaning products sans harsh chemicals and fragrances are also safer to use around children and pets, as well as anyone in your household with sensitive skin (or a sensitive sniffer). "We know products designed from renewable plant-based ingredients are a sustainable, healthy solution for not only consumers' homes in Perth, but for the community and environment outside of it," says Brandi Thomas, spokesperson for the eco-friendly brand Seventh Generation. Plus, swapping single-use products and disposable packaging for reusable alternatives can cut down on your household waste and cost less money in the long run.

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

### **1. Swap plastic bottles for glass.**

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

### **2. Opt for reusable cleaning cloths.**



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

### **3. Try homemade cleaning solutions.**

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

### **4. Switch to eco-friendly laundry detergent.**

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

### **5. Repurpose old toothbrushes.**



Instead of tossing out old toothbrushes, save them for cleaning surfaces around the house. These narrow brushes are great for cleaning hard-to-reach spots, such as the grout lines between tiles and around the edges of tubs and faucets. You can also use toothbrushes for scrubbing rubber soles on shoes, cleaning stubborn dust on air vents, and lifting small stains on rugs or carpets. Just be sure the ones you use for cleaning are well-labeled or stored in a different area than your regular toothbrush.

#### **6. Switch to natural sponges.**



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

#### **7. Substitute dryer sheets for a reusable alternative.**

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

### **5.1. What Is Microfibre Cloth & How To Use It To Clean Your Home?**



Cleaning an entire residence always seems tricky and is perceived as a big challenge. It is definitely time-consuming, especially if you use sub-optimal tools. However, you can easily tackle this challenge by utilising effective tools and techniques. The microfiber cloth is one such secret weapon you need in your cleaning toolkit. It is different from the traditional cleaning cloths. Microfibre cloths are made of super small fibres that effectively handle cleaning tasks. They do need the help of harsh chemicals. It is worth noting that they are reusable. You can use them again and again after washing. However, knowing how they work and which surfaces they suit best is crucial. Just like professional vacate cleaners in Perth, you need to follow a procedure to ensure ideal results. In this guide, you will learn about microfiber cloth and how to use it to clean your home in Perth. It will help you keep your home dust-free.

### **Understanding Microfibre Cloth**

A microfibre cloth is a type of cloth that is made through synthetic fibres, usually composed of polyamide (nylon) and polyester. These fibres are typically very fine. They are much thinner than human hair. Microfibre cloths are extremely absorbent and have the ability to hold a lot of weight in liquid. This makes them an exceptional choice for cleaning multiple surfaces without the possibility of leaving streaks or lint behind. The small fibres create a bigger surface area, enabling them to trap and eliminate dust, dirt, grease and other similar particles from any surface. Since they are soft and non-abrasive in nature, these cloths are gentle on fragile surfaces such as electronics, glass, stainless steel, etc. They can be washed and used several times before you will need to replace them. Microfibre cloths are cost-

effective and an eco-friendly cleaning tool. They are often used for household cleaning purposes and in various industries due to their efficiency in trapping and eliminating dirt and grime. They are also used for various tasks related to vacate cleaning in Perth.

### **The Best Ways To Use Microfibre Cloths**



When purchasing a microfibre cloth, it is vital to look for high-quality ones. The reason is that the cheaper ones are likely to have fewer fibres and may not last long. It is recommended to get it from a reputed manufacturer. Microfibre can be used either wet or dry. It is ideal to purchase cleaning cloths in multiple colours to avoid cross-contamination. Here are the best ways to use microfibre cloths:

#### **Dusting Surfaces**

Professional vacate cleaners in Perth consider microfibre cloths the best choice for dusting surfaces as they have electrostatic properties that are efficient at capturing dust particles. Initiate the process by folding the cloth into quarters. Start at the highest points in the room. This includes cabinets, ceiling fans or shelves. Then, work your way down to lower surfaces such as countertops and tables. It will decrease the chances of dust redistribution. Use gentle sweeping motions when dusting to capture the dust without causing any damage. Rotate the cloth regularly to keep an optimal dust-collecting surface.

#### **Damp Cleaning**

For light or moderate cleaning, slightly dampen the microfibre cloth. You can use clean water or a mild DIY cleaning solution to moisten the cloth while ensuring it is not overly wet. Do not use too much water. Fold the cloth into quarters. Wipe the desired surfaces with a moistened section. Once it collects dirt, flip or refold the cloth to a clean area. After finishing, utilise a dry microfibre cloth to wipe the surface again, confirming the excess moisture is removed.

### **Mirror And Glass Cleaning**



Choose a microfibre cloth designed specifically for mirror and glass surfaces. Such specialised cloths are woven, leading to lint-free cleaning. Damp the cloth with water or a mild homemade cleaning solution while ensuring it is not too wet. Initiate the process from the top and utilise circular motions. Progressively move down the surface. Flip the cloth to a cleaner side once it accumulates dust. Finally, shine the glass using a dry microfibre cloth, making way for a streak-free finish.

### **Baseboard Cleaning**

Microfibre cloths are ideal for cleaning baseboards. Use a slightly dampened cloth and run it along the baseboards to facilitate dust and dirt removal. Be gentle in the movement to avoid causing any damage to the paint or the finish making way for a thorough clean. This method is often utilised for vacate cleaning Perth.

### **Polishing And Shining Surfaces**



It is highly recommended to use microfibre cloths for polishing and shining multiple surfaces. Take a dry cloth and fold it into a manageable size. Through a light touch, shine the wooden furniture or stainless steel appliances. Work in circular motions while applying slight pressure.

### **Car Cleaning**

Start by dusting the seats and dashboard with a dry microfibre cloth. For tough spots, dampen the cloth lightly and wipe the surfaces. Focus mainly on the steering wheel, door panels, and other similar surfaces that are prone to stains or dirt. Lastly, dry the spots using a dry microfibre cloth.

### **Conclusion**

By incorporating these easy hacks, you can significantly enhance the sustainability of your home in Perth. Small changes like upgrading to energy-efficient lighting, implementing water-saving measures, reducing single-use plastics, and optimizing energy consumption not only lower your environmental footprint but also lead to long-term cost savings. Adopting sustainable practices, such as supporting local produce and embracing minimalism, further contributes to a healthier planet. These efforts collectively create a more eco-friendly living space and demonstrate that even modest actions can have a substantial impact on our environment.

## References:

10 ways to reduce plastic waste at home | Homes To Love, Retrieved 21 May 2024, from <https://www.homestolove.com.au/lifestyle/reduce-plastic-at-home-6906/>

7 Unique Ways To Incorporate Solar In Your Home | Forbes, Retrieved 21 May 2024, from <https://www.forbes.com/home-improvement/solar/ways-to-incorporate-solar/>

How to shop sustainably for your home | Homes And Gardens, Retrieved 21 May 2024, from <https://www.homesandgardens.com/advice/how-to-shop-sustainably>

What Does a Sustainable Diet Look Like? | Health Line, Retrieved 21 May 2024, from <https://www.healthline.com/nutrition/sustainable-eco-friendly-diet>

7 Simple Ways to Go Green with Your Cleaning Routine | Better Homes And Gardens, Retrieved 21 May 2024, from <https://www.bhg.com/homekeeping/house-cleaning/tips/eco-friendly-cleaning-ideas/>

What Is Microfibre Cloth & How To Use It To Clean Your Home? | Bond Cleaning In Perth, Retrieved 21 May 2024, from <https://www.bondcleaninginperth.com.au/what-is-microfibre-cloth-how-to-use-it-to-clean-your-home/>