

ECO-FRIENDLY HOME HACKS: SUSTAINABLE LIVING MADE EASY



ABSTRACT

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.

INTRODUCTION

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.

I. Why Choose a Sustainable Eco-Friendly Lifestyle?

What are the fundamental principles of a sustainable lifestyle?

Understanding the concept of sustainability

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.

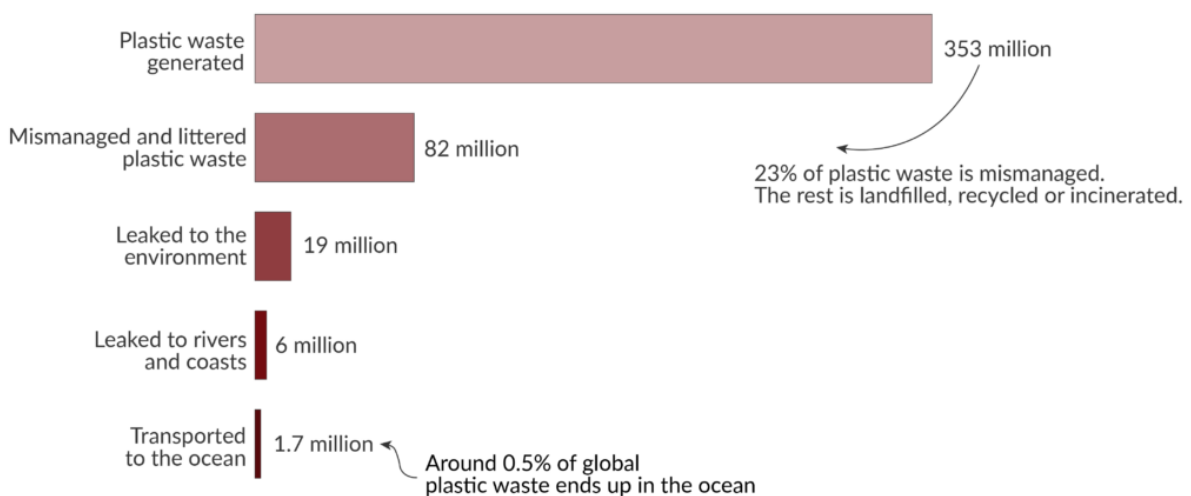


According to the World Commission on Environment and Development, sustainability is “development that meets the needs of the present without compromising the ability of future generations to meet their own needs” (Our Common Future, 1987). This definition underscores the intergenerational responsibility 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.



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.

Benefits of living an eco-friendly lifestyle

- Reduced Carbon Footprint: Eco-conscious individuals minimize their carbon footprint by making simple choices like walking or biking instead of driving. By doing so, they significantly reduce greenhouse gas emissions, contributing to a cleaner planet.
- Sustainable Living: Eco-friendly living promotes a sustainable lifestyle, including recycling, water conservation, and renewable energy sources. For example, installing solar panels at home harnesses sustainable energy from the sun, reducing reliance on fossil fuels.
- Resource Conservation: Eco-friendly individuals understand the importance of conserving resources like water and forests. Installing low-flow faucets and showerheads not only saves water but also supports responsible water resource management.
- Minimized Pollution: Choosing non-toxic cleaning products and actively reducing waste is crucial in decreasing pollution levels. Switching to eco-friendly cleaners helps prevent harmful chemicals from contaminating water systems and ecosystems.
- Ecosystem Protection: Eco-friendly practices contribute to ecosystem protection by reducing habitat destruction. Opting for sustainable seafood is a significant step toward preserving ocean ecosystems and biodiversity.
- Energy Efficiency: Energy-efficient appliances and improved home insulation are essential for eco-friendly living. Making the switch to LED bulbs for lighting not only saves energy but also lowers electricity consumption, benefitting the environment and your wallet.
- Healthier Planet: The collective efforts of eco-friendly individuals result in a healthier planet with cleaner air and water. For example, planting native species in gardens aids in supporting local ecosystems and wildlife, enhancing the overall environmental balance.

These eco-friendly practices not only benefit the environment but also improve your quality of life while leaving a positive impact on the planet.

II. 17 Simple Sustainable Living Tips To Help You Save Money And The Planet

Whether you're just starting your journey towards sustainable living or looking for new ways to enhance your eco-conscious efforts, you've come to the right place.

Living more sustainably is all about small changes that collectively add up to big results – especially when all of us are doing them.

From reducing waste to energy-saving, these surprisingly simple yet impactful tips will help you incorporate those small eco practices into your everyday.



1. Turn off the water while you soap yourself in the shower

Australia is the highest user of water per person in the world. We use approximately 25,000 gegalitres of water every year – which is equivalent to 50 Sydney Harbours.

2. Cut your dishwashing tablets in half

Tried and tested, a half tablet is sufficient to wash a standard load of dishes. This works well for powder-based tablets. It's probably best not to try this with liquid-based tablets!

3. Save your vegetable peels and scraps

Vegetable peels can be used to make stock and stew or soup bases. Just simmer the peelings in salted water for 1-2 hours and store in the fridge or freezer. So easy!

4. Ditch the paper towels

Disposable paper towels are expensive and wasteful. Instead, use tea towels or small kitchen towels, which can be washed and reused time and time again.

5. Grow your own herbs

Fresh herbs can be expensive, and if you don't use them within a week, they go to waste. Even if you're not a gardener, herbs are super easy to grow and small enough to live on the kitchen counter.

6. Install a water-saving device

I know these can be painful when you have to wash your hair (I've been there!) But, a standard showerhead uses about 15 to 25 litres of water per minute, whereas a three-star rated water efficient showerhead uses as little as 6 or 7 litres per minute. With water rates rising every quarter, this is a great investment.



7. Reuse your wastewater

Leave a bucket in the bottom of your shower and use it to water your garden or house plants and save on your water bill.

8. Eat less meat

Meat is expensive, especially if you are buying ethical, pasture-raised meat. We don't need to be eating meat at every meal, and one of the easiest ways to reduce

your weekly food bill and your environmental footprint is to reduce the amount of meat you eat.

9. Use the sun to dry your clothes

Nothing beats clean laundry dried with fresh air and sunlight. Dryers have their place when it rains for long periods but on sunny days, use your clothes line.

10. Do a little DIY

Natural beauty and cleaning products can be expensive, but if you have the time, making your own is a fantastic way to save money. Most of what you need to make things like body scrubs, lip balms and face masks you can find in your pantry and fridge. 1 Million Women have some great DIYs, which are super easy to make.

11. Switch to energy-efficient light globes

Lighting consumes between 8% – 15% of the average household electricity budget. By switching to LEDs and CFLs you can save hundreds off your electricity bill every year. Check out the light bulb saver app to see what globes are best for your home.

12. Wash clothes in cold water

No hot water means less power is used and your clothes will last longer.



13. Buy food locally

By buying closer to home, you're reducing your carbon footprint and supporting and encouraging growth within the local economy. Plus, farmer's markets are so cheap!!

14. Reduce food waste

Throwing unwanted food in the bin, to be sent to landfill, is terrible for your wallet and the planet. You can help reduce your food waste by planning your weekly meals. Write them down, make a shopping list and try to stick with it. By planning ahead you're more likely to have less food left over at the end of each week.

15. Install solar

This solution is not available to everyone, but if you own your home and are in the financial position to do so, installing solar panels and storage solutions will save you money in the long run. It's also great for the planet!

16. If it breaks, fix it

Unfortunately, we have become the 'throwaway generation'. If something breaks, just chuck it. There are a lot of things that break in our homes that could quite easily be repaired with a little know-how and elbow grease. Jump on YouTube to see if there are tutorials to teach you how to enlist the help of someone with the skills you need, or just take it to a repair shop.

17. Sell your unwanted stuff

Jump on board the minimalist train and de-clutter your home. Selling your unwanted stuff on Gumtree and eBay creates a clean, calm space, and you make some extra cash in the process!

III. 8 Eco-Friendly Features To Add To Your Home



Eco-friendly, energy-saving home features aren't just good for the environment—they're also good for your wallet, and for making your listing stand out from the competition. If you're thinking about selling or renovating your home, trying to lower your energy output, or simply want to save money on your monthly bills, you've come to the right place. Here are eight popular home features that can lower your bills, reduce energy waste, and make your home more desirable to future buyers.

1. Energy-Efficient Lighting

Timers, dimmers, and smart lighting systems make it easy to adjust brightness and get only the wattage you need at any given time. Installing these systems gives a home more of a luxury feel, and it also allows the homeowner to spend less money on electricity in the long run.

Another helpful tip: LED lightbulbs use up to 90% less energy than traditional bulbs, and they also last up to 25 times longer. Consider replacing your indoor and outdoor lights with LED bulbs whenever possible.

2. LEED Certification

The Green Building Council awards Leadership in Energy and Environmental Design (LEED) certification to buildings and homes that meet its standard for energy efficiency and environmental friendliness.

In addition to sounding sexy to potential buyers, LEED-certified homes require less maintenance, cost no more to build than other homes, and save homeowners 20-30 percent on utility bills, making them a winning proposition for both buyers and sellers.

3. Sustainable, Natural Materials

Eco-minded buyers love to see homes built using sustainable materials like bamboo and salvaged wood. The same type of buyer will appreciate and look for a home designed to maximize natural lighting and outdoor views in as many rooms as possible. Finally, consider landscaping that preserves the property's original trees and plants as much as possible.



4. Garden Space

Gardens are an increasingly popular item on homebuyers' wish lists. Many people are on a mission to eat as much local, sustainable food as possible, and they love seeing properties that could make their farm-to-table fantasies come true.

5. Solar Panels

The installation (and cost of the panels themselves) isn't cheap, but rooftop solar panels can generate a large amount of energy—and potentially a good amount of savings over the long run, too.

In addition to gaining your own renewable energy source, you may also be eligible for a residential federal tax credit, property tax exemption, or other government incentive when you install solar panels.

6. Proper Insulation

A well-constructed house with adequate insulation holds its temperature longer and requires less cooling or heat to reach the desired temperature. Make sure that all windows and doors are properly installed, and that you fix any major leaks, drafts, duct or ventilation issues before listing your home. These issues will come up during inspection and can affect the home value and the final price.

7. Smart Thermostats

These easy-to-use temperature systems make any home look instantly more modern; They also save you an average of 10-12 percent on heating and 15 percent on air conditioning, according to popular smart system Nest.



8. ENERGY STAR Appliances

That blue square symbol that appears on certain washing machines, dishwashers, refrigerators, and more household appliances isn't just a marketing tool; It's an official sign that the product was verified energy-efficient by the United States Environmental Protection Agency. These appliances require less energy to operate, and therefore save you (and any future tenants or buyers) money on utility bills.

IV. Guide to Natural Cleaning

What You Need

With a few simple recipes, you can save money and get a greener cleaning routine. You may already have many ingredients. A basic natural cleaning toolkit includes white vinegar, baking soda, borax, citrus fruit, and empty spray bottles. You may also want hydrogen peroxide, cornstarch, castile soap, tea tree oil, and other essential oils for scent. Add microfiber cloths or old cotton T-shirts instead of paper towels for less waste.



White Vinegar

Vinegar is a natural disinfectant and has many uses in home cleaning. Since it's acidic, it's great for getting rid of gummy buildup, rust, and hard water stains. Try

using vinegar to remove buildup from your coffee pot. You can use lemon juice the same way as vinegar, but since it goes bad quickly, you can't store cleaners made with lemon juice for more than a few days.

Baking Soda

Baking soda absorbs odors in the air and works well for many cleaning tasks. Use it in litter boxes, garbage cans, and diaper pails to keep the stink down. Sprinkle it on a damp cloth to use as a gentle surface cleaner on counters, sinks, ovens, stoves, and tubs. Find baking soda in the baking aisle of your grocery store.

Borax

Borax, or sodium borate, is similar to baking soda, but stronger. It's a natural bleach and is good for removing dirt and stains from laundry and surfaces. Although it's natural, borax could irritate your skin, eyes, or breathing, so use it with caution, and keep it away from children and pets. Find it in your store's laundry section.

Mixing Your Own Cleaners

When making your own cleaning mixtures, use spray bottles or containers that you won't confuse with food containers. Label them right away. Hot water will clean better than cold, so in most cases, fresh-made cleaners with hot water will work the best. You may need to scrub a little harder or let cleaning mixtures sit a little longer than you would with store-bought cleaners.



Clean or Disinfect?

For most cleaning around the house, the goal is to remove germs and dirt. All of the following homemade natural cleaners will do that. Certain natural cleaners can also

disinfect, or kill germs, but you must make them fresh. If stored, they still will clean, but they won't disinfect as well.

All-Purpose Cleaner

For mild cleaning, mix 1/2 cup vinegar, 1/4 cup baking soda, and 4 to 8 cups hot water in a spray bottle. You can substitute 2 teaspoons of borax for the baking soda. Add a few drops of essential oil to any mixture to give it a fresh scent.

Glass and Mirror Cleaner

Combine 1/2 cup white vinegar and 1 gallon of water for a mild cleaner. Or to make a "non streak" window cleaner, add 1/4 cup white vinegar and 1 tablespoon cornstarch to 4 cups warm water. Shake to dissolve the cornstarch before spraying. Wipe clean with a microfiber cloth, then do a final wipe with a dry cloth to avoid streaks.

Kitchen Sanitizer

Soap and warm water will clean dirt from surfaces in the kitchen, but if you want to kill harmful germs like salmonella and E. coli, you'll need to use hot vinegar or hydrogen peroxide and let it sit on the surface for at least 1 minute. Here's how: Heat 1/2 cup white vinegar (5%) or hydrogen peroxide (3%) to 130 F, put the mixture into an empty spray bottle, and spray it onto surfaces. Let it sit for 1 minute, then wipe dry.



Another Kitchen Sanitizer

Here's a different way to sanitize surfaces: Combine 1 cup vinegar, 1 cup club soda, and 2 drops tea tree oil. Spray it onto surfaces and wipe clean. This mixture works to disinfect only if it's made fresh. Even 24 hours later, it doesn't kill as many germs.

Freshen Up the Garbage Disposal

If your garbage disposal is starting to smell, run it with some ice and a squeezed orange, lemon, or lime. The ice will help sharpen the blade, and the citrus peels will give off a fresh scent.

Microwave Cleaner

To get rid of food odors or hardened food splatters in the microwave, mix 6 tablespoons baking soda or 1/2 cup lemon juice with 1 cup water in a microwave-safe glass container. Microwave the mixture until it boils, then leave it inside with the door closed until it cools. The steam will loosen the grime and make it easy to wipe down the inside of the microwave.

Clean Your Drains

To prevent or clear out backups in your drains, dump 1/4 cup baking soda down the drain followed by 1/2 cup vinegar. Cover and let sit for 15 minutes, then uncover and pour in 8 cups boiling water. You could also use 1/2 cup borax followed by 8 cups boiling water. For a bad clog, use a plumber's snake tool with boiling water.

Scrub the Toilet

For light cleaning, mix 1/4 cup baking soda with 1 cup vinegar and pour it into the toilet bowl. Let it sit for 3 to 30 minutes, scrub with a toilet brush, and flush. Scrub with 1/2 cup borax mixed with 1 gallon hot water to get out tougher stains. For heavy-duty cleaning, sprinkle 1 cup borax around the basin and spray with 1/2 cup vinegar. Let it sit overnight, then scrub and flush.

Tackle Mildew in the Shower

Put 1/2 cup borax and 1/2 cup vinegar into a spray bottle and fill it with hot water, then spray it in the shower or bathtub and scrub. For a daily spray to prevent mold in the shower, mix 1/3 cup rubbing alcohol with 1 cup water. Shake it up, and spray it on without rinsing.



Scrub the Tub and Tile

Use a sponge to wipe the surface with vinegar, then sprinkle baking soda or non-iodized salt, scrub with a damp sponge, and rinse well with water. For another option, combine 1 2/3 cup baking soda, 1/2 cup castile soap (liquid), and 1/2 cup water. Add 2 tablespoons vinegar and use the mixture to scrub the bathtub or tile area.

Don't Mix These

Although vinegar and hydrogen peroxide are great sanitizers on their own, never combine the two in a container. This creates a chemical called peracetic acid, which can burn your skin and is dangerous to breathe in. The same goes for ammonia and bleach -- mixing them or using them in the same space can create toxic fumes.

V. 7 Cleaning Chemicals To Avoid: How To Read Labels?

Nowadays, there is a growing concern towards health and well-being. Not only are healthy and eco-friendly options easily available, but people are also investing heavily in them. As a result, you will spot many green products in the market. The cleaning industry is also showcasing a shift towards greener options. These chemical-free products are safe and clean the surfaces effectively.

This is why professionals often use them for the best end of lease cleaning Adelaide. However, to avoid being influenced by misleading marketing strategies about cleaning products, it is a must to carefully read the labels and avoid products that contain toxic chemicals.



For this, you must know which chemicals to avoid. **Here is a list of the 7 cleaning chemicals you need to avoid.** This way, you can ensure that you are cleaning your home in a safer way.

1. 2-butoxyethanol

2-Butoxyethanol (2-BE) is an irritant to the eyes and skin. It has also been shown to be associated with blood disorders in laboratory studies. This ingredient belongs to the category of solvents called glycol ethers. Exposure to it can make way for central nervous system depression, vomiting, nausea, headaches, and diarrhoea.

It is common for this ingredient to be found in products that appear healthy as they contain fruit-based scents, like citrus, green, orange or lemon. You can find this ingredient in carpet cleaners, glass cleaners, oven cleaners, all-purpose cleaners, etc. Avoiding it is the best thing you can do for your health.

As for finding it, simply figure out where the brand has mentioned the ingredients on the product, and if you find the chemical list there, avoid the product.

2. Ammonia

Ammonia fumes are another one of those irritants to the throat, eyes, and skin. People who have asthma or respiratory issues are more sensitive to the effects of inhaling ammonia. It has also been associated with damage to the liver and kidneys. It is extremely volatile if mixed with other usual cleaning chemicals, including the one containing chlorine bleach, making chloramine gas, which is a highly poisonous compound. That is why experts who do professional bond cleaning Adelaide avoid using such chemicals. Ammonia is quite often used to clean glass, sinks, etc. They can be found in window cleaners, toilet cleaners, bathroom cleaners, car polish, etc.

3. Fragrance chemicals

A lot of chemicals are used to make the cleaning products fragrant. Many different chemicals may hide behind the name of "fragrance" in the ingredients list including phthalates. Many of them can trigger headaches, asthma symptoms, migraines, etc.



Because this word is considered a trade secret, companies are not allowed to mention the exact chemicals and formulations used for preparing a specific fragrance. When exploring cleaning products, look for the ingredient list and figure out if the word “fragrance” is there. If you spot it without any disclosure, such as “blend of essential oils”, it would be better to just avoid that product.

4. Phosphates

Phosphates are known to be present in high doses of fertilisers and often have the same effect when you wash them down the sink and into the waterways. They might even cause a burst of growth in plant life, which will then consume all the water’s oxygen and choke the organisms that will start to die. Then algae develop and thrive

in this environment. Algal blooms are known to have ruined multiple popular recreation areas and also have the ability to poison animals and humans. This is why the best end of lease cleaners Adelaide recommend avoiding such chemicals if you spot them on the ingredient list.

5. Mea (monoethanolamine)

MEA is an extremely corrosive agent and might even lead to bleeding in the revealed area in concentrated form. Inhaling it can also cause damage to the airways and lungs. Basically, MEA is a carcinogen and neurotoxin. Through frequent exposure, it can certainly damage the kidneys and liver. So, it is best to avoid it. You will often find this ingredient in:

- Floor cleaners
- All-purpose cleaners
- Oven cleaners
- Car wash products
- Liquid laundry detergents
- Degreasers
- Dishes soap

6. Triclosan

Basically, Triclosan is an anti-microbial agent, and it is considered that such products lead to the growth of strains of antibiotic-resistant bacteria. This makes the bacterial infections less responsive to treatments. Triclosan is a harmful substance and endocrine disrupter that intervenes with human hormones. It is irritating to the eyes and skin and harmful to aquatic organisms, causing pollution in the waterways. That is why budget bond cleaners Adelaide recommend avoiding this chemical at all costs when exploring antibacterial products.

7. Sodium lauryl sulphate (sls)

Sodium lauryl sulphate (SLS) is an eye and skin irritant and is also considered toxic to the environment. SLS is a corrosive agent and is likely to accumulate in body tissues after extended usage. There is also Sodium laureth sulphate (SLES), which is an "ethoxylated" form of the same chemical, but it is less harsh. But, the process of producing it makes way for carcinogenic pollutants. So, you must avoid it in your detergents, dish soap, toilet bowl cleaners, etc.



In an ideal scenario, it would be better to just avoid all the above-mentioned chemicals. You can easily do so as there are plenty of eco-friendly and DIY options available where you will only need to use chemical-free ingredients. Doing so will allow you to get better results while avoiding health issues.

CONCLUSION

Transforming your home into a sustainable sanctuary brings immense benefits to both the environment and your personal health. By adopting these practical eco-friendly hacks, you can play a vital role in creating a more sustainable future.

Are you ready to start your journey towards a more sustainable home? Share your own eco-friendly hacks and experiences with us, and consider subscribing for more tips on sustainable living. Together, let's make a difference, one home at a time!

REFERENCES

By Raf Chomsky | Why Choose a Sustainable Eco-Friendly Lifestyle? | Sustainable Review, Retrieved 8 November 2023 from <https://sustainablereview.com/why-choose-a-sustainable-eco-friendly-lifestyle/>

By Kira Simpson | 17 Simple Sustainable Living Tips To Help You Save Money And The Planet | The Green Hub Online, Retrieved 14 August 2024 from <https://thegreenhubonline.com/17-eco-home-hacks-to-save-money-and-the-planet/>

By Ryan Serhant | 8 Eco-Friendly Features To Add To Your Home | Forbes, Retrieved 9 November 2021 from <https://www.forbes.com/sites/ryanserhant/2021/11/09/8-eco-friendly-features-to-add-to-your-home/>

By Alison Sherwood | Guide to Natural Cleaning | Webmd, Retrieved 28 August 2023 from <https://www.webmd.com/a-to-z-guides/ss/slideshow-guide-to-natural-cleaning>

By Jessica Williams | 7 Cleaning Chemicals To Avoid: How To Read Labels? | Bond Cleaning in Adelaide, Retrieved 16 January 2024 from <https://www.bondcleaninginadelaide.com.au/7-cleaning-chemicals-to-avoid-how-to-read-labels/>