

HOW TO GO GREEN AT HOME



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ABSTRACT

As environmental concerns become increasingly urgent, adopting a green lifestyle at home has never been more important. This guide provides practical strategies for individuals and families looking to reduce their ecological footprint and create a more sustainable living environment. From enhancing energy efficiency with LED lighting and energy-efficient appliances to conserving water through low-flow fixtures, the steps outlined here aim to foster a more conscious approach to daily living. By embracing these sustainable practices, homeowners can contribute to a healthier planet while also enjoying the benefits of reduced utility bills and improved home comfort.



In addition to energy and water conservation, this guide emphasizes the importance of mindful consumption and waste reduction. Simple actions, such as composting, recycling, and choosing eco-friendly products, can significantly decrease household waste and promote a circular economy. Furthermore, exploring green gardening techniques and incorporating renewable energy sources, like solar power, can enhance a home's sustainability. Overall, this comprehensive approach to going green at home empowers individuals to make informed choices that benefit both their families and the environment.

LET'S GET STARTED

Going green at home is an essential step toward fostering a sustainable future and mitigating environmental challenges. This guide explores various practical strategies that individuals and families can implement to reduce their ecological footprint while enhancing their living spaces. Key areas of focus include energy efficiency, water conservation, and waste reduction. By making simple yet impactful changes—such as switching to LED lighting, using low-flow fixtures, and embracing recycling and composting—households can significantly decrease their resource consumption and contribute to a healthier planet.

In addition to energy and water conservation, this guide highlights the importance of mindful purchasing and sustainable living practices. From choosing eco-friendly cleaning products and supporting local businesses to engaging in green gardening and exploring renewable energy options, the journey to going green encompasses a holistic approach to everyday life. By adopting these sustainable habits, homeowners not only promote environmental well-being but also enjoy the benefits of reduced costs and improved quality of life. This overview aims to inspire and empower individuals to take actionable steps toward creating a greener home.

WHAT IS GREEN LIVING ?

Green living, also known as sustainable living, refers to adopting a lifestyle that minimizes an individual's or community's environmental impact. It encompasses a variety of practices and principles aimed at reducing resource consumption, conserving energy, and promoting ecological balance. Here's a detailed breakdown of what green living entails:

1. Sustainable Consumption

- **Mindful Purchasing:** Green living encourages individuals to make informed choices when buying products. This includes selecting items that are environmentally friendly, such as those made from sustainable materials, organic foods, and products with minimal packaging. Supporting local businesses and artisans can also reduce the carbon footprint associated with transportation.

- Reducing Waste: Emphasizing the "reduce, reuse, recycle" mantra, green living promotes the idea of consuming less and making the most of what you already have. This can involve repairing broken items, using reusable containers and bags, and composting organic waste to minimize landfill contributions.

2. Energy Efficiency

- Reducing Energy Use: Implementing energy-efficient practices is a cornerstone of green living. This includes using energy-efficient appliances, installing LED lighting, and utilizing smart thermostats to manage heating and cooling. Simple actions, like turning off lights when leaving a room or unplugging devices when not in use, can further reduce energy consumption.

- Renewable Energy Sources: Many individuals who adopt a green lifestyle look to renewable energy options, such as solar or wind power. Installing solar panels or using community-supported renewable energy programs helps reduce reliance on fossil fuels and lowers greenhouse gas emissions.



3. Water Conservation

- **Efficient Water Use:** Green living emphasizes the importance of conserving water resources. This can be achieved through practices like installing low-flow faucets and showerheads, fixing leaks promptly, and utilizing drought-resistant landscaping. Collecting rainwater for irrigation is another effective strategy.

- **Mindful Water Consumption:** Simple habits, such as turning off the tap while brushing teeth or taking shorter showers, contribute significantly to water conservation efforts.

4. Sustainable Transportation

- **Reducing Car Dependency:** Green living encourages alternatives to driving alone, such as carpooling, biking, walking, or using public transportation. This not only reduces greenhouse gas emissions but also lessens traffic congestion and air pollution.

- **Choosing Eco-Friendly Vehicles:** When driving is necessary, individuals may opt for fuel-efficient or electric vehicles that produce fewer emissions.

5. Eco-Friendly Home Practices

- **Green Building and Renovation:** For those building or renovating homes, green living promotes the use of sustainable materials, energy-efficient designs, and proper insulation. Techniques such as passive solar heating, green roofs, and efficient waste management systems further enhance a home's sustainability.

- **Indoor Air Quality:** Using non-toxic paints, natural cleaning products, and incorporating plants that improve indoor air quality are crucial elements of green living. Ensuring proper ventilation helps maintain a healthy indoor environment.

6. Supporting Biodiversity and Local Ecosystems

- **Sustainable Gardening:** Green living encourages practices like organic gardening, permaculture, and planting native species. These practices support local wildlife, reduce chemical use, and promote biodiversity.

- **Wildlife Conservation:** Supporting conservation efforts and engaging in responsible land use practices help protect natural habitats and maintain ecological balance.

7. Community Involvement

- **Engagement and Advocacy:** Green living often involves participating in community initiatives, such as local clean-up events, tree planting, and advocating for environmental policies. Building a supportive community encourages shared responsibility and fosters collective action toward sustainability.

Conclusion

Green living is about making conscious choices that promote environmental stewardship and sustainability. By integrating these practices into daily life, individuals can contribute to the health of the planet while enhancing their well-being and that of future generations. Embracing green living is not just a personal choice; it's a collective movement toward a more sustainable and equitable world.



THE LINK BETWEEN YOUR GREEN ENVIRONMENT AND YOUR HEALTH

A green environment significantly impacts personal health, promoting both physical and mental well-being. Improved air quality in areas with abundant trees and vegetation helps reduce pollution, leading to lower rates of respiratory illnesses and cardiovascular diseases. Plants also produce oxygen, enhancing overall health.

Access to green spaces encourages physical activity, reducing obesity and related health issues. Furthermore, spending time in nature has been shown to alleviate stress, anxiety, and depression, contributing to better mental health. Overall, integrating more greenery into our surroundings fosters a healthier, happier lifestyle.

GREEN LIVING REVOLUTION IN ADELAIDE, AUSTRALIA

Adelaide, the capital of South Australia, is at the forefront of the green living revolution, embracing sustainability and environmental stewardship as core community values. This transformation is driven by a collective effort among government, businesses, and residents to create a more sustainable future. Here are some key aspects of this movement:

1. Sustainable Urban Development

- Adelaide has implemented various initiatives to promote sustainable urban design, including the development of eco-friendly housing, green roofs, and energy-efficient buildings. The city's planning policies encourage the integration of green spaces, public transport options, and walkable neighborhoods, enhancing residents' quality of life.

2. Renewable Energy Adoption

- South Australia is a leader in renewable energy, with a significant portion of its electricity generated from wind and solar sources. The state government promotes the installation of solar panels and energy storage systems, enabling households to harness clean energy and reduce reliance on fossil fuels.

3. Community Engagement and Education

- Community programs and workshops aimed at educating residents about sustainable practices are widespread. Initiatives such as community gardens, local farmers' markets, and environmental festivals encourage participation and raise awareness about the benefits of green living.

4. Waste Management Innovations

- Adelaide has adopted advanced waste management strategies, including recycling and composting programs that aim to minimize landfill waste. The city has set ambitious targets for waste reduction and is actively promoting a circular economy, encouraging businesses and residents to reduce, reuse, and recycle.

5. Biodiversity and Conservation Efforts

- The city is committed to preserving its natural heritage through various conservation projects and initiatives that protect local flora and fauna. Urban greening projects, such as planting trees and creating wildlife corridors, enhance biodiversity and improve air quality.

6. Sustainable Transportation

- Adelaide is investing in sustainable transportation options, including expanding public transit systems, promoting cycling infrastructure, and encouraging the use of electric vehicles. These initiatives aim to reduce traffic congestion and lower greenhouse gas emissions.

SUSTAINABILITY AT HOME

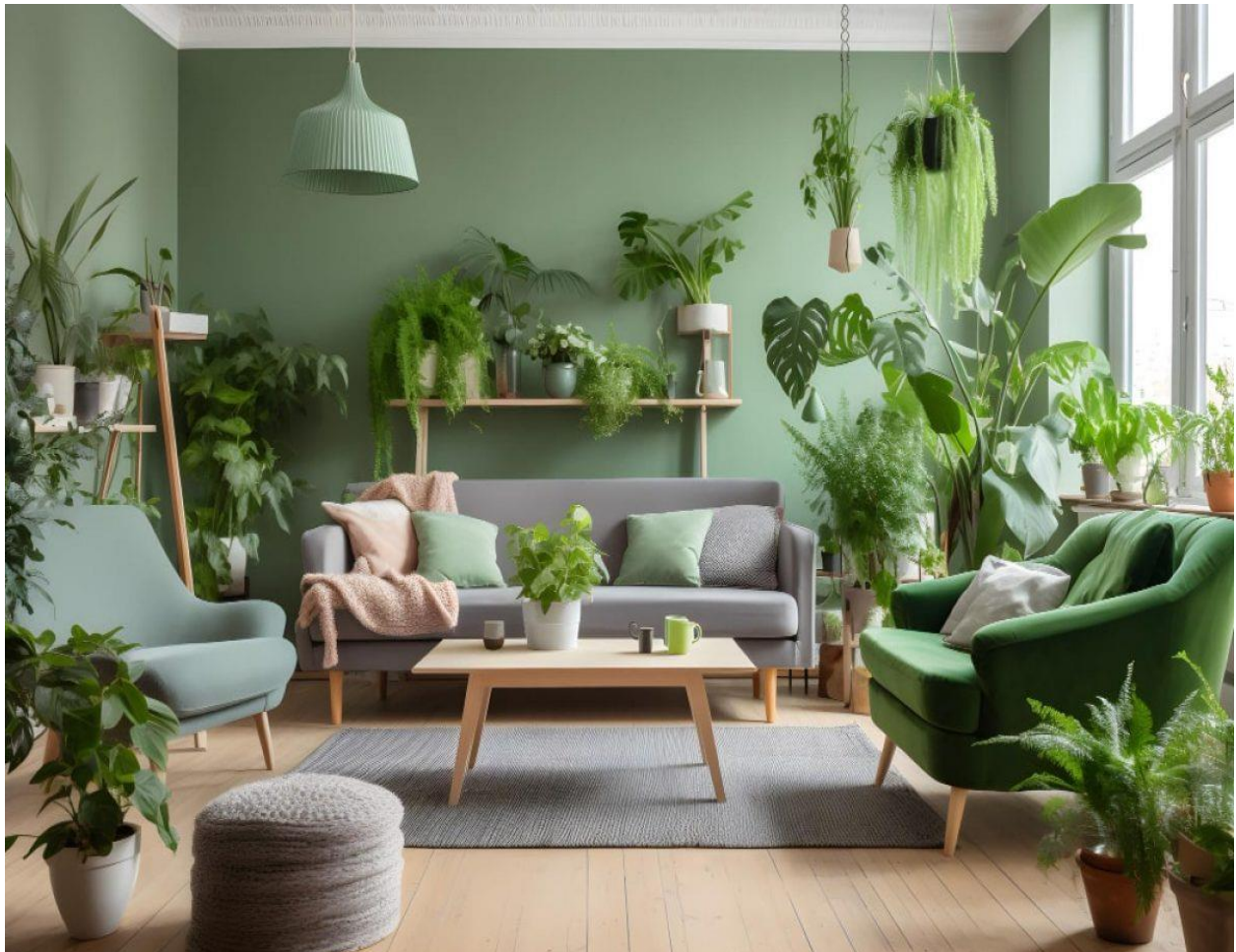
In the backyard

- planting your own bush garden;
- contacting your council for a list of local native plants to grow and noxious weeds to remove;
- encourage native wildlife into your backyard by creating a sanctuary for native animals in your garden.

- not having cats;
- making and using compost rather than fertilisers;
- relaxing in and enjoying your garden.

In the home

- keeping a compost bin handy for all your food scraps
- using the drain for water only – not oils or solid matter
- sorting your rubbish – recycle bottles, cans, plastics, milk cartons and paper
- using string shopping bags instead of plastic ones;
- making sure all of your taps turn off fully, to save water wastage;
- using a fly swat instead of fly spray, to avoid harming other insects
- turning off lights and electrical appliances when they are not being used: to save power



SOME SIMPLE WAYS TO BE GREENER AT HOME

Living a greener life and creating a more sustainable home is something everyone strives for, but knowing where to start can be overwhelming. Here are some super-simple eco-friendly updates and changes you can make to do your bit for the environment.



1. check the label

Greenwash is a term to describe how just about everything these days is labelled as “green” or “eco”. To find out if furniture, flooring, paint and building materials actually have legitimate green credentials, check with Good Environmental Choice Australia. It’s Australia’s only independent, not-for-profit eco-labelling program.

2. quality over quantity

Buy with longevity in mind and go for quality over quantity. the Australian Bureau of Statistics revealed that, on average, each Australian sends 23 kilos of textiles to landfill per year. it takes 10,000 litres of water to grow the cotton used to make the denim for a pair of jeans, so choose a pair that will last. Organic cottons are kinder

to the environment and fabrics like pure linen tend to last longer. The same goes for your furnishings.

3. eradicate plastic

To avoid wasting plastic bags, keep your fruit and veg loose when shopping. At home, transfer them into reusable breathable fabric bags that can be stacked in the fridge – they'll stay much crisper for longer!

4. eco clean

To give your home a green clean, bicarb and vinegar are both wonderful, natural cleaning solutions. There are also plenty of great eco cleaning products available.

5. try bokashi

Want to compost but don't have a big garden? "Try a Bokashi bucket an easy-to-use compact composting system if space is tight. Also, some councils allow fruit and vegetable scraps in green waste." Costa Georgiadis, host of Gardening Australia and International Composting Awareness Week ambassador.

6. reduce food waste

Do you waste a lot of food? Try growing your own, even if it's just a pot of basil on the windowsill, and you might rethink the way you shop and eat. "With 40 per cent of household waste consisting of food waste, respect for the process is more important than ever." Emma Bowen, GM, Pocket City Farms. If you have the space you can also create a garden farm to grow your own vegetables, fruit trees and herbs.

7. coffee conscious

Coffee lovers, don't try to recycle takeaway cups – they have a plastic coating recycling centres can't process. If you use coffee pods, take part in Nespresso's capsule-recycling program or try refillable stainless steel capsules.

8. sustainable building materials

Timber can be used throughout your home, from your pool decking to your kitchen cabinets. Look for Forest Stewardship Council certification when you're buying

timber for your home – this is your guarantee that it's been sourced in an environmentally responsible manner.

9. buy local

When grocery shopping, support Aussie farmers. “The distance travelled by fruit and vegetables in Australia is estimated to generate CO² emissions of about 480g per kilo. Buying local produce will reduce this dramatically

10. showerhead switch

If you really can't (or don't want to) shorten your shower time, upgrade your showerhead. A standard showerhead uses about 15 to 25 litres of water per minute, while a three-star-rated water-efficient showerhead uses as little as 6 or 7 litres per minute!

11. LED lights

Buy LED light globes – they cost a little more than Compact Fluorescent Lamp (CFL) bulbs, but an LED provides 15,000 to 50,000 hours of illumination compared to a CFL's 6000 hours.

12. be water wise

These are two of the easiest ways to save water in the bathroom: Turn off the tap while you brush your teeth and you could save up to 30 litres of water a day. Also, take a shower instead of having a bath. A shower uses about 35 to 95 litres while a bath can use up to a whopping 250 litres!

13. dispose thoughtfully

Leftover paint is hard to dispose of, but instead of waiting for council clean-up day, now you can drop off half-used tins at Paintback's nearest collection point. Paintback will separate the liquid and packaging, then recycle the containers. Waste paint is treated in a number of ways, which minimises landfill.

14. concentrated cleaning

If you really want to ensure your natural cleaning products of choice are in fact “green”, then you need to scrutinise the labels and enquire to find out the complete

list of ingredients if the packaging is vague. Or, to save you time, follow our guide to the best cleaning products in Australia.

15. fill your home with plants

Indoor house plants can remove toxins from indoor air, so filling your home with ferns, cactus, and leafy plants is one of the most eco-friendly choices you can make. If you have trouble keeping them alive try some low-maintenance plants you'd have to try to kill.

16. upgrade your appliances

That old washing machine could be costing you and the environment! Some modern appliances are far more water and energy-efficient than they used to be so have a look at what energy and water saving upgrades are available.

17. temperature control

Heating and cooling accounts for a huge percentage of your home's energy draw in winter and summer. Try to select more moderate temperature control during both extremes. For example, you can set your heater between 18°C and 20°C and slash its running costs by up to 10 per cent, while in summer, try setting your air conditioner between 24°C and 26°C.

18. save on heating

To save heating costs in winter, Draught proof your home so warm air stops escaping. The easiest way to do this is with curtains or a draught excluder (also called a door snake), which you put at the bottom of doors and windows.

19. eco apps

Use your phone for good! Today, there are some amazing apps with information and tools that will help you stay ahead of the sustainability game at home.

20. recycle... of course

Most of us are across the basics of what can and can't go into our kerbside recycling collection. But there may well be a few items you're unsure about.

WASTE LESS, LIVE BETTER AT HOME

Adopting a waste-less lifestyle at home not only contributes to environmental sustainability but also enhances your overall quality of life. By implementing mindful practices and reducing waste, you can create a healthier living space, save money, and promote a sense of well-being. Here's a detailed guide on how to waste less and live better at home:



1. Declutter and Organize

- Evaluate Possessions: Start by assessing what you truly need and use in your home. Donate or sell items that are no longer useful, and recycle materials whenever possible. This decluttering process helps reduce clutter and creates a more peaceful living environment.

- Organized Storage Solutions: Use clear storage bins, shelves, and labels to keep your space tidy. An organized home reduces the likelihood of buying duplicates and promotes efficient use of space.

2. Reduce Food Waste

- Meal Planning: Plan your meals for the week to avoid buying excess food. Create a shopping list based on your meal plan to minimize impulse purchases.

- Proper Food Storage: Store food correctly to extend its shelf life. Use airtight containers and understand how to best store fruits and vegetables to prevent spoilage.

- Composting: Set up a composting system for kitchen scraps and organic waste. Composting not only reduces landfill waste but also creates nutrient-rich soil for gardening.

3. Mindful Shopping

- Choose Quality Over Quantity: Invest in high-quality, durable products that will last longer rather than cheaper items that may need frequent replacement. This approach not only reduces waste but also saves money in the long run.

- Buy in Bulk: Purchase items in bulk to reduce packaging waste. Many stores offer bulk bins for grains, nuts, and cleaning supplies, allowing you to bring your own containers and minimize plastic use.

- Sustainable Brands: Support brands that prioritize sustainability and ethical practices. Look for products made from recycled materials or those that have minimal packaging.

4. Eco-Friendly Cleaning

- DIY Cleaning Solutions: Create your own cleaning products using natural ingredients like vinegar, baking soda, and essential oils. This reduces chemical waste and avoids harmful substances in your home.

- Reuse Cleaning Supplies: Instead of disposable wipes, use washable cloths for cleaning. Consider using refillable cleaning products to cut down on single-use plastic containers.

5. Energy Efficiency

- **Energy-Saving Appliances:** Invest in energy-efficient appliances that consume less power, reducing both energy waste and utility bills. Look for ENERGY STAR-rated products.

- **Mindful Energy Use:** Turn off lights when not in use, unplug electronics, and use natural light whenever possible. Consider switching to LED bulbs for better energy efficiency.

6. Water Conservation

- **Fix Leaks Promptly:** Address any leaks in faucets, toilets, or pipes to prevent water waste. A small leak can waste a significant amount of water over time.

- **Low-Flow Fixtures:** Install low-flow showerheads and faucets to reduce water usage without sacrificing performance. Collect rainwater for outdoor use, such as watering plants and gardens.

7. Sustainable Gardening

- **Grow Your Own Food:** Consider starting a vegetable or herb garden. Growing your own food reduces reliance on store-bought produce and minimizes packaging waste.

- **Native Plants:** Use native plants in your landscaping to support local ecosystems. They typically require less water and maintenance, making them a sustainable choice.

By implementing these strategies, you can waste less and live better at home. Embracing a waste-less lifestyle not only benefits the environment but also enhances your well-being and creates a more harmonious living space. With mindful choices and conscious habits, you can contribute to a more sustainable future while enjoying the numerous benefits of a clutter-free, eco-friendly home

RENOVATE HOME BY YOURSELF SUSTAINABLY

Renovating your home sustainably by yourself can be a rewarding and eco-friendly endeavor that helps reduce your environmental impact while saving money. The key to a sustainable renovation lies in using materials and methods that minimize waste, conserve resources, and enhance the energy efficiency of your home.

Start by planning your renovation with sustainability in mind. Assess what can be reused, repurposed, or salvaged from your current home, such as doors, fixtures, or wood. This reduces waste and the need to purchase new materials. If new materials are necessary, opt for eco-friendly options like recycled wood, bamboo, or reclaimed metal, which are renewable and have a lower environmental impact.



Energy efficiency should also be a priority. Upgrade insulation in walls, ceilings, and floors to reduce heating and cooling costs. Installing energy-efficient windows can prevent heat loss in winter and keep your home cooler in summer.

Additionally, consider using low-energy lighting such as LED bulbs, and invest in energy-efficient appliances.

When it comes to painting or refinishing surfaces, choose non-toxic, low-VOC (volatile organic compounds) paints, which improve indoor air quality and are safer for the environment. Similarly, opt for sustainable flooring options such as cork, linoleum, or reclaimed wood, all of which have lower environmental footprints.

Water conservation is another important aspect. Install water-efficient fixtures like low-flow showerheads and faucets, and consider adding a rainwater collection system for landscaping use. Finally, consider the long-term impact of your renovation. By choosing durable, high-quality materials, you can ensure that your renovation lasts longer and reduces the need for future repairs, cutting down on waste and resource consumption.

With thoughtful planning and conscious choices, you can create a more sustainable, eco-friendly home renovation that benefits both you and the planet.

9 WAYS TO USE HYDROGEN PEROXIDE FOR HOUSE CLEANING.

Most people nowadays have at least one bottle of hydrogen peroxide at their place. This is because it can be used as a disinfectant on cuts and scapes.

However, you can use this disinfectant for more than just cleaning up torn skin. There are plenty of areas in your home that you can clean and disinfect by using hydrogen peroxide. This is because it is a very powerful sanitiser that is also non-toxic and eco-friendly.

According to the professionals who do budget end of lease cleaning Adelaide, you should use hydrogen peroxide if you are looking to kill viruses, bacteria, and mould spores. Learning how you can use it for several cleaning jobs will allow you to maintain a clean home.

Here are the 9 ways to use hydrogen peroxide for house cleaning. You can use this budget-friendly staple to clean several things effectively.

1. Remove Stains from Marble Surface

There is no doubt that accidents will take place from time to time. You might end up spilling something, which will lead to stains. This is where using hydrogen peroxide can be a great option since it is considered an excellent stain remover. You can use it to remove stains from the marble surface.



Simply prepare the solution by mixing hydrogen peroxide and water. It is worth noting that you should first test the solution on a small and unnoticed area before applying it to the stain. Once you are sure it won't cause any damage, apply the solution to the stain and let it sit there for 10 to 15 minutes before scrubbing. Next, use a damp sponge to wipe the area before rinsing with clean water. Finally, let the surface dry.

2. Clean the Greasy Surfaces

If you are dealing with problems like grease or food residue on the baking tray or cooking surface, it is best to use hydrogen peroxide to make the work easier. Firstly, prepare a paste by mixing baking soda and hydrogen peroxide. Once it is

ready, apply it directly to the affected area and let it sit there for at least eight hours.

Follow up with using a non-scratch sponge to scrub the paste away. Due to its effectiveness, hydrogen peroxide is often used for house cleaning in Adelaide.

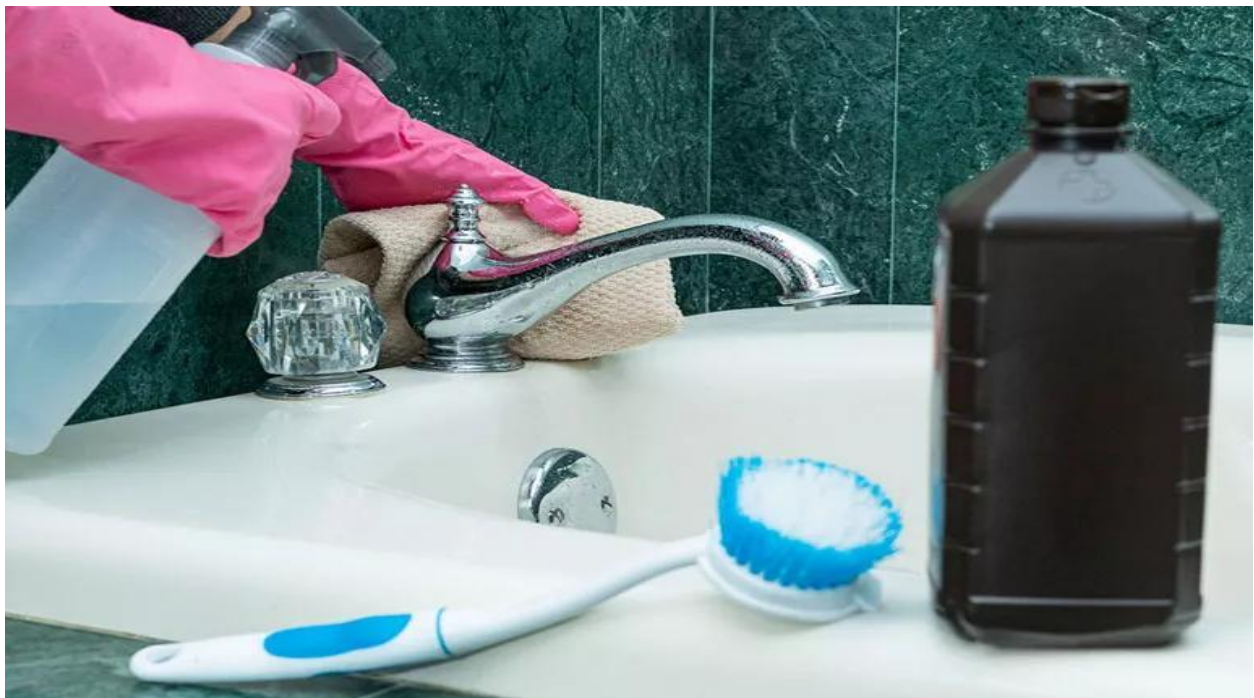
3. Clean the Glass and Mirrors for a Streak-Free Finish

Using hydrogen peroxide is a budget-friendly and natural way to clean the mirrors, glass, and windows in your home. Simply spray it on the surface before wiping it down with a lint-free cloth. You will often see experts who do professional end of lease cleaning Adelaide use this method to ensure streak-free results when cleaning windows.

4. Eliminate Bad Odours from the Dishwasher

Dishwashers can often smell bad from time to time, regardless of how often you run them. Simply position a quarter cup of hydrogen peroxide on the dishwasher's top rack when it is empty.

Next, run a high heat cycle to remove whatever is causing the odour. To ensure you have covered all the bases, spray hydrogen peroxide on the rubber seal and hard-to-reach spots once the load is done.



5. Make Your Kitchen Sink White Again

According to professionals who do cheap end of lease cleaning Adelaide, hydrogen peroxide is ideal for cleaning white surfaces, including a white kitchen sink. Generously sprinkle some baking soda all over the inside basin. Follow up with pouring a tiny amount of peroxide.

Next, get to scrubbing. Once you are happy with the cleanliness of your sink, rinse the ingredients down the drain. Finally, dry by wiping the area.

6. Sanitise the Refrigerator's Interior

When it is time to declutter and organise your fridge, you should go the extra mile by sanitising the inside. Because the interior will be empty during this time, the work will be easier to complete. Just apply hydrogen peroxide to a sponge or a cloth. Use it to wipe down the side walls, shelves and drawers.

7. Get Rid of Mould from the Washer

It is true that your energy-efficient washing machine can sometimes develop mould and mildew, particularly if you have the habit of shutting the lid quickly after every load. Simply pour about two cups of hydrogen peroxide into the drum. Next, run a hot cycle to remove the bad odour and any potential mould growth. Finally, wipe peroxide around the rubber gasket seal's inside to get rid of the residue.

8. Clean Different Types of Flooring

According to professionals who do expert end of lease cleaning Adelaide, you can use hydrogen peroxide to clean different types of floors. This includes tile, hardwood, vinyl, laminate, and concrete. Use water to dilute hydrogen peroxide. You can then either spray it directly on the floor or mop it. Promptly wipe it clean and dry it. This will ensure there won't be any possible water damage.

9. Clean the Toilet Bowl

Keeping the toilet bowl clean is highly important for hygiene. Start by pouring about half a cup of hydrogen peroxide straight into the toilet bowl. Allow it to sit there for at least 30 minutes. Follow up with scrubbing the stains away and then, flush. This will make the bowl cleaner while also ensuring it is sanitised.

It is a fact that hydrogen peroxide has several cleaning uses around a house. It can be effective at dealing with many issues, including stains, mould, etc. But you should know where you can use peroxide. The things mentioned in this article are the ones you can clean and sanitise with hydrogen peroxide.

CONCLUSION

Embracing a green lifestyle at home is a powerful way to contribute to environmental sustainability while enhancing the quality of your daily life. By incorporating simple yet impactful changes—such as energy-efficient lighting, water-saving fixtures, and reducing household waste through composting and recycling—you can significantly lower your ecological footprint. These small steps not only conserve natural resources but also lead to cost savings over time, making green living a practical and rewarding choice.



Additionally, going green at home promotes healthier living conditions by improving air quality, reducing exposure to harmful chemicals, and encouraging a

more mindful approach to consumption. Whether it's through sustainable gardening, eco-friendly renovations, or renewable energy adoption, creating a greener home is a meaningful way to contribute to a sustainable future, benefiting both your household and the planet.

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