



Guide to Eco-Friendly Cleaning for a Healthier Home

Abstract

This guide provides a comprehensive overview of eco-friendly cleaning practices aimed at creating a healthier, cleaner home environment. It explores the importance of choosing sustainable cleaning solutions and how they benefit both personal health and the planet. The guide highlights how to identify eco-friendly cleaning products, the most effective green cleaning tools, and simple ways to replace everyday household items with environmentally friendly alternatives.

It also delves into common misconceptions about eco-friendly cleaning and offers practical tips for incorporating green habits into your daily routine. Whether you're looking to reduce your carbon footprint or improve indoor air quality, this guide serves as a valuable resource for anyone interested in adopting more sustainable cleaning practices for a healthier home.

Getting Started

Getting started with eco-friendly cleaning is easier than you might think, and it's a great way to contribute to a healthier home and planet. Begin by understanding the basics of eco-friendly cleaning and why it's so important for both your health and the environment. Start small by replacing some of your conventional cleaning products with natural, non-toxic alternatives like vinegar, baking soda, and essential oils. Gradually transition to greener products, ensuring they are truly effective and safe for your home.

Also, consider using eco-friendly tools like reusable cloths, microfiber mop heads, and natural sponges to reduce waste. Remember, every small change counts, and by making these sustainable choices, you're taking a positive step toward a cleaner, healthier home. This guide will help you navigate the process and make eco-friendly cleaning a simple and rewarding habit.

1. What is Eco-Friendly Cleaning and Why is it Important?

The term "green cleaning" means using cleaning products and methods that keep people in the home and the environment healthy while reducing landfill waste and the human carbon footprint. Exposure to chemicals and toxins can potentially cause irreparable harm to health¹, the water supply, air quality, and ecosystem balance.

What Is Green Cleaning?

Green cleaning can mean that you only use natural green cleaners, such as baking soda, vinegar, and lemons, to clean the home surfaces. It can also mean you only use commercial "green" products that have been certified by the U.S. Environmental Protection Agency as better for the environment.³

Green cleaning products typically have the following characteristics:

- No phosphates

- No chlorine
- No artificial fragrances
- No artificial colors
- Biodegradable or recyclable packaging
- Organically grown ingredients using sustainable farming practices



Some green cleaning products may certify that they are fair trade, meaning they meet specific environmental and labor standards by those who produce them.

Other green cleaning products may not be free of additives or harmful chemicals, but they may donate some of their profits to environmental causes. It is important to carefully read all cleaning product labels and follow the directions for use.

How to Reduce Landfill Waste While Cleaning

Besides using green cleaning solutions, you can also go green by reducing landfill waste while cleaning.

- Get reusable cleaning items: Reuse cleaning cloths, washable mopheads, and natural sponges (made of cotton or cellulose). Reduce the use of paper towels or single-use cleaning wipes. Microfiber cloths work exceptionally well for polishing surfaces and trapping dirt or dust. After use, wash the cleaning cloths or heads in the washing machine to reuse them repeatedly.

- Skip single-use plastic jugs: Buy cleaning product refills in paper or glass containers. Select concentrated products with "add water" instructions. The concentrates weigh less, are often smaller, and are easier to package and ship, reducing greenhouse gases in transportation and shelf space.
- Reuse old toothbrushes: Since switching out toothbrushes is a three-month task, repurpose old toothbrushes for detailed cleaning tasks like cleaning grout lines, along crevices, or polishing jewelry.

How "Green" Are Green Cleaners?

The United States Environmental Protection Agency's (EPA) Safer Choice program⁵ and Design for the Environment program mandates that labels are put on products that meet EPA's chemical criteria.

Comparing green and traditional cleaners:

- ❖ Some green cleaners are more expensive than mass-produced, petroleum-based cleaning products. However, if you make your own cleaners using basic pantry ingredients, the savings are significant.
- ❖ Labels with vague terms such as "environmentally friendly" and "non-toxic" are not regulated and potentially misleading; these "green products" may still contain unhealthy ingredients.
- ❖ Some green cleaners may be safe for the environment but not strong enough to disinfect surfaces. To effectively kill germs and stop the spread of infection, be sure you use a product that cleans and disinfects.

2. What are the Benefits of Switching to Green Cleaning Solutions?

Many companies now create cleaning products that use more natural ingredients, avoiding harmful chemicals.

In many cases, conventional, nongreen cleaning products for the home and workplace are potentially hazardous. Besides the risk of developing a long-term illness, exposure to cleaning products can trigger asthma, leave burns, or be dangerous if someone were to ingest them. Read on to learn what to look for in green cleaning products, reasons to go green, and recipes to make natural cleaners at home.

Benefits



Green cleaning products should not contain hazardous chemicals, and so they are likely to pose fewer health risks. They are also, typically, much safer and more suitable for use around people with weakened immune systems or health conditions.

Green cleaning products are less hazardous for the environment, too. They do not contain chemicals that cause significant air or water pollution and are often in recyclable or recycled packaging.

Best green cleaning products

There is a wide range of cleaning products that the manufacturers advertise as being eco-friendly and healthier. It is important to know that some products may claim to be more natural and environmentally friendly than they actually are.

According to Clean Water Action, some aspects to consider in safe green cleaning products include:

- biodegradable or not
- nontoxic
- bulk packaging
- recyclable packaging
- packaging from recycled materials
- phosphate-free
- label with full disclosure of all active and inactive ingredients
- natural fragrances

- free of dyes, hypochlorite, and chlorine

The Environmental Working Group (EWG) are a nonprofit organization that research and report on green cleaning products. Some specific products and categories that the EWG recommend include:

General cleaners

- Poofy Home All-Purpose Cleaner Refill, Medieval Blend
- Earth Friendly Products ECOS Cream Cleanser, Lemon
- Aunt Fannie's Floor Cleaner Vinegar Wash Concentrate, Eucalyptus

Bathroom cleaners



- Seventh Generation Tub & Tile Natural Cleaner, Emerald Cypress & Fir
- Mrs. Meyer's Clean Day Tub And Tile, Lemon Verbena
- Mrs. Meyer's Clean Day Tub And Tile, Lavender

Dishwashing soaps

- Attitude Dishwasher Eco-Pouches
- AspenClean Dish Soap, Eucalyptus Rosemary
- biokleen Natural Dish Liquid, Lemon Thyme

Air fresheners

- Arm & Hammer Fridge & Freezer Baking Soda
- Aura Cacia Aromatherapy Mist, Lavender Harvest
- Aussan Natural room odor eliminator

It is also important to note that a cleaning product is not necessarily safe for everyone just because people consider it to be green. A person should still take reasonable precautions to store cleaning products in a safe and secure location where children and pets cannot access them easily.

Natural alternatives

Instead of buying green cleaning products, a person can easily make natural cleaners at home. There are many recipes for green cleaners that are cheap and versatile. The ingredients are natural and do not cause environmental harm, including not causing indoor air pollution. They are also less likely than nongreen ones to affect a person's health.

Some natural products that can make good cleaning agents include:

- vinegar
- baking soda
- tea tree oil
- castile soap

The Green Building Alliance have identified a few different recipes to make green cleaning products at home. Some ideas include:

- Disinfectant: Mix 2 cups of water, 1 tbsp of liquid castile soap, and 1 tsp of tea tree oil to create a multipurpose disinfectant that helps remove germs.
- All-purpose cleaner: Combine equal parts vinegar and water in a spray bottle to create an all-purpose cleaner for many hard surfaces.
- Glass cleaner: Shake 1/4 cup of white vinegar, 1/4 cup of rubbing alcohol, 2 cups warm water, and 1 tbsp of cornstarch in a spray bottle. The mixture can clean glass surfaces, such as windows or stove tops.
- Drain cleaner: Pour 1/2 cup of baking soda into a clogged drain and follow this with 1 cup of vinegar. Let the mixture work for about 15 minutes and then pour boiling water down the drain.
- Multipurpose scrub: Combine enough water and baking soda to make a paste. Use the paste with a brush, sponge, or scrubber to clean the surface of sinks, stoves, and other hard surfaces
- Air freshener: Use either dried or fresh flowers, or boil water with vanilla, cinnamon, slices of lemon or oranges, or other spices. To deodorize a refrigerator or carpet, leave baking soda in an open bowl or sprinkle on the carpet. Let it sit on the carpet for a few minutes before vacuuming it up.
- Laundry detergent: Combine 1/2 cup of washing soda, 1 cup of soap flakes, and a 1/2 cup of baking soda. A person can add 1 to 2 tbsp of oxygen bleach if they wish.

Clean Water Action suggest some other green cleaning ideas, as well. For example, they recommend using white vinegar to get pet urine out of carpets. They add that it should help prevent the pet from returning to pee in the same spot.

Risks of traditional cleaning products



There are many environmental and health risks that people associate with nongreen products. According to the Environmental Protection Agency (EPA), some of the risks include:

- Volatile organic compounds (VOC) found in regular products can negatively impact the quality of indoor and outdoor air.
- Certain ingredients in regular products can irritate eyes or skin.
- Overexposure to dangerous ingredients, particularly for janitorial and other employees who clean regularly.
- Pollution from disposing of unused chemicals in waterways.

Some common side effects of using nongreen chemicals can include:

- headaches
- throat irritation
- eye irritation
- asthma
-

According to the EWG, some other health risks and potential complications of exposure to common cleaning chemicals may include:

- asthma that certain fumes can induce

- congenital disabilities in children born to women with high exposure
- chemical burns
- poisoning
- some may contain the carcinogens 1,4-dioxane or formaldehyde

Finally, cleaning products do not necessarily list all ingredients. This lacking means a person may not know they are purchasing a product that poses health hazards.

Green cleaning products are typically safer for the environment and people's health than their nongreen equivalents.

A person who is interested in green cleaning and other household products should look for ones that list all their ingredients and are nontoxic, biodegradable, and free from dyes and fragrances. It is also important to remember that green does not mean it is completely safe, so people should still use precautions when using or storing these products.

If a person is interested, they can try creating green cleaning products at home by using natural ingredients, and by following the recipes this article provides.

3. How Can You Make Your Own Natural Cleaning Products at Home?

You can't deny the convenience of a good multi-surface stovetop cleaner like Bar Keeper's Friend. Pet stain removers come in handy when tackling strong odors like cat pee. However, the next time you have a sink to scrub or a window to wipe, there's no need to run to the store: Just raid your cupboards and mix up a homemade cleaning solution. Everyday products make for fast, cheap, and effective homemade cleaners. Take club soda, which helps break down stains and loosens grime with its bubbles. Or cleaning vinegar, which works through the acidity that inhibits the growth of bacteria and prevents mold and mildew from forming. Or even vodka, which is a proven germ eliminator.

What Are DIY Cleaners?

DIY cleaners can include everything from a homemade all-purpose cleaner to a natural glass cleaner and a solution for grimy, hardwood floors. We name the ingredients you need—chances are, you already have most of them—plus the steps for mixing up the cleaning solutions and using them.

Homemade or natural cleaning solutions use simple chemicals and ingredients to remove grime, deodorize, and, in some cases, even disinfect surfaces. They're great for making surfaces look sparkling clean. Still, if you're trying to disinfect or sanitize a surface, you may be better off turning to a store-bought disinfectant (preferably one approved by the FDA to kill bacteria and viruses) to ensure you've removed any harmful entities. For everyday cleaning, though, these homemade solutions might be just what you need.

Top 10 Natural Cleaning Products at Home



❖ **Must-Have Natural Cleaning Essentials**

Steven McDonald

Stock your cleaning caddy with these household ingredients. Many of these natural cleaning ingredients can be used on their own or in various DIY natural homemade cleaners.

- Baking soda works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also a natural deodorizer and less expensive than commercial scrubbing powders.
- Distilled white vinegar works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing rust, tea, and coffee stains. It's typically sold at a 5% concentration, but it's more effective at higher concentrations, so pay attention to the fine print.
- Hydrogen peroxide is simply water with an extra oxygen molecule (H₂O₂). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.
- Borax is an alkali that's good for cutting grease, oil, and dirt.
- Essential oils such as tea tree, lavender, eucalyptus, lemon, and lemongrass enhance a cleaner's scent. Tea tree oil is also naturally antibacterial.
- Castile soap is available in liquid or bar form and helps rinse away dirt. It's made with olive oil or a vegetable base and is available unscented or scented.

❖ **Homemade Cleaner Tricks**

In addition to having the right homemade cleaner ingredients, a few tricks can make it easier to clean your home the green way:

- Clean containers: Store homemade cleaning products in unused, clean containers. Never use bottles that once held chemicals. Label homemade cleaners when you make them, and ensure you use the right solution for the application to keep your family safe.
- Test it: Before you spray a cleaner on any surface, test first in a hidden area to ensure the cleaner doesn't damage or mar the material.
- When to skip vinegar: Never use vinegar solutions on stone surfaces such as granite or marble, cast iron, aluminum, or waxed surfaces. The acid in the vinegar can etch, pit, and strip finishes or otherwise damage these surfaces.

❖ **Carpet Deodorizer**

Mix a homemade carpet deodorizer to freshen up area rugs and floors. This DIY natural cleaning recipe works with any essential oil, so choose one that smells best.

What You Need:

- 1 cup baking soda
- ½ cup cornstarch
- 5 drops of any essential oil

To make:

- Combine the baking soda and cornstarch in a medium bowl.
- Add five drops of your favorite essential oil.
- Stir to combine the ingredients, and pour the mixture into a Mason jar using a funnel.
- Punch small holes into the jar's lid using a hammer and nail.

Sprinkle the homemade deodorizer onto carpets as needed. Let the mixture sit for at least 30 minutes before vacuuming up.

❖ **Must-Try Homemade Cleaners**

Ditch the chemicals! These homemade cleaners will help you achieve a sparkling space with ingredients from around the house. Water becomes a powerhouse when paired with microfiber cloths and our technique, lemon is a saving grace for gunky pans—and more! Baking soda and vinegar can also tackle any number of jobs.

❖ **Homemade Air Freshener**

Make your home smell amazing naturally! Simmering a pot of ingredients you probably already have in your kitchen is a simple way to make the whole house smell divine. Vary the citrus and herbs in this natural homemade cleaner to create new scents, such as orange-basil, lemon-rosemary, or lime-lavender.

What You Need:

- 2-3 oranges, lemons, and/or limes, sliced
- Handful fresh herbs such as basil, rosemary, or lavender
- 2-4 cinnamon sticks
- 1 teaspoon whole cloves

To make:

Place ingredients in a medium saucepan. Fill about three-fourths full with water; bring to a boil. Reduce to a simmer to infuse the house with a naturally fresh aroma. (Do not leave

unattended.) The mixture can be stored once overnight: Place it in an airtight jar or container and refrigerate, then boil and simmer again the next day.

❖ **Homemade Laundry Detergent and Rinse Aid**



Skip expensive detergents and save money with these simple laundry recipes.

Homemade Laundry Detergent:

- 1 bar laundry soap (We like brands such as FelsNaptha, Pink Zote, and Dr. Bronner's Castile Soap.)
- 1 cup borax
- 1 cup washing soda
- 1 cup oxygen bleach

To make:

Grate a bar of laundry soap; you should have about 2 cups of grated soap. (You can also look for soap flakes online.) Mix all ingredients in a large container. Store in a lidded jar. Use two tablespoons for a light load and four tablespoons for a large or dirty load. Wash as normal.

Homemade Rinse Aid:

- 1 gallon distilled white vinegar
- 25-30 drops essential oil (optional)

To make:

Add the drops to the container of vinegar. Use $\frac{1}{4}$ cup in the rinse cycle.

❖ **Homemade Grout Cleaner**

Don't miss these tips on how to easily clean grout and prolong the life of your tile. Although you'll find plenty of commercial grout cleaners, you can also use baking soda to give your grout a good natural cleaning. Watch and see more ways to get grout looking new again.

❖ **Homemade Upholstery-Freshening Spray**

Eliminate odors from upholstery with this natural homemade cleaner. Baking soda absorbs unpleasant smells, while essential oils refresh the air. Customize the strength of the scent by varying the type and amount of essential oils used.

What You Need:

- ¼ cup baking soda
- 10 drops essential oil, such as lavender
- 1½ cups water

To make:

- Use a funnel to add the baking soda to a 12-ounce spray bottle.
- Add the essential oil.
- Fill the bottle with water and shake gently to combine.
- Test on a small, inconspicuous area of upholstery (such as on the back or under a cushion) to ensure it won't leave a mark.

Spray over upholstery whenever it needs freshening.

❖ **Homemade Spray Air Freshener**

Steven McDonald

Skip the store-bought sprays, which can be irritating to people who are sensitive to smells or chemicals. Instead, try this DIY natural cleaning product, which requires just three ingredients.

What You Need:

- 3 cups water
- 1 cup vodka
- 10-20 drops essential oil

Add all ingredients to a 32-ounce spray bottle and mist into the air as needed.

Vodka is a favorite for homemade cleaners. It contains ethyl alcohol, a main ingredient in many store-bought air fresheners. Any kind of vodka will work, so there's no need to spring for a top-shelf bottle.

❖ **Homemade Window and Glass Cleaner**

Get a streak-free sparkle with this simple homemade cleaner, and enjoy a better view through your windows. Invest in a small stack of soft cotton or microfiber cloths for best results.

What You Need:

- 2 cups water
- ¼ cup distilled white vinegar
- ½ teaspoon dish soap

Add all ingredients to a 24-ounce spray bottle. Shake to combine. Use on windows or glass fronts of appliances. Beyond this basic recipe, you can also call on rubbing alcohol and even dish soap for alternative homemade window cleaners.

4. Which Household Items Can Be Replaced with Eco-Friendly Alternatives?



Are you interested in going green but aren't sure where to start? Tempted to join the hype train for the eco-conscious lifestyle, but find yourself intimidated by all the potential changes it could bring?

There's no need to overthink things! Although sustainability might seem like a lofty goal at first to those unfamiliar with the concept, it's far from rocket science. If you're looking to lead a healthier, cleaner lifestyle - not just for yourself but also for our beloved planet - then there's an endless lineup of little things you can do to get a good start.

In fact, most of the improvements you can make to be more eco-friendly actually starts from the things you use at home everyday. Believe it or not, doing something as simple as switching from plastic bags to cloth ones can actually make a huge difference for the environment! Swapping disposable items for reusable, eco-friendly alternatives doesn't just cut down on the amount of waste you produce, but also does a lot to reduce you and your family's carbon footprint. This is because the energy needed for the production, transportation, and disposal of single-use items is far more significant than their eco-conscious versions, making the latter a much more sustainable choice than the former.

If you've been convinced but aren't sure which items you can start swapping out, don't worry! To make green living easier for you and your household, here's a list of 8 simple, everyday items that you can effortlessly replace with their sustainable alternatives.

Water Bottles and Travel Mugs



Source: Unsplash

Water is one of the most crucial building blocks of human life, so it's only natural that having easy access to it is as important as it is. Instead of relying on single-use bottles made out of plastic, though, try investing in a reusable one! These are often made of stainless steel or glass and are far more durable and eco-friendly. What's more, they're also much better at maintaining the temperature of the liquids they hold, so you'll be able to enjoy that perfectly icy sports drink or warm tea whenever you like.

The same goes for the disposable cups you can get at your local coffee shop. Most stores like Starbucks or Tim Horton's actually offer their own reusable travel mugs for purchase, which they'll be happy to fill with any of your go-to drink orders as long as you ask.

Reusable Shopping Bags



Source: Unsplash

Even if you're far from the biggest shopaholic out there, you've probably still got a sizable stockpile of plastic bags from your weekly grocery runs. Unfortunately, those same plastic bags can prove hazardous for our planet - they cause significant waste buildup in landfills that often bleeds out into local ecosystems, and the pollutants present in the plastic are incredibly toxic for the environment.

To combat this, you can bring your own reusable bags on your grocery runs or shopping trips. Any cloth tote bag will do a great job at keeping your purchases safe! If you're feeling creative, you can even try upcycling or decorating your own bag to boost sustainability even more.

Stainless Steel Cutlery

Source: Unsplash

When planning a gathering like a birthday party or holiday dinner, it might be tempting to resort to disposable plastic plates and cutlery to minimize clean-up. Unfortunately, while it may be easier and more convenient at the end of the day, single-use plastic items like forks and knives can prove just as harmful to the environment as plastic bags.

That's why you should try offering traditional stainless steel cutlery to your guests whenever possible, even if it makes the cleanup effort a bit tougher. A little goes a long way, after all, and helping out the planet we live on is worth an extra cycle in the dishwasher.

Cloth Towels and Napkins

Source: Unsplash

When you're trying to clean up a spill, it might feel more natural than ever to reach for a Kleenex or a roll of paper towels. But while a single sheet might not seem that significant, they definitely add up quickly, leading to a ton of unnecessary waste being produced by your household.

The easy solution to this is to switch to cloth towels and napkins - they're just as (if not even more) efficient as their single-use alternatives, and with a quick wash, they'll be good to go again whenever you need them!

Reusable Straws

Source: Unsplash

This swap can go hand-in-hand with your newly sustainable water bottles and travel mugs! Instead of getting a new plastic straw with every drink only to throw it out, try purchasing reusable ones to bring along with you to your favourite cafes and restaurants.

Stainless steel or glass straws are amazing eco-friendly options that'll help you cut down tons on plastic waste. The best part is that they almost always come with their own cleaning brushes, too, so there's no need to worry about getting them dirty!

Eco-Friendly Cleaning Products

Source: Unsplash

You might not know this, but the cleaning products you use to keep your household spick and span actually have the potential to seriously harm the environment. This is because they're often made with harsh, dangerous chemicals that, when disposed of, become toxic to local ecosystems.

That's why switching to eco-friendly cleaning products is always a safe bet. Unlike traditional ones, these are specifically concocted with naturally derived ingredients that won't harm the planet. As an added bonus, they also usually come in sustainable, biodegradable packaging, which will help your household cut down on waste.

No matter what your goals are, there's absolutely no shame in starting small, and stepping on the road to an eco-friendly lifestyle is no exception. Once you've made the switch (or several) to using more environmentally conscious products in your day-to-day life, it'll only be a matter of time until you and your household become true champions of sustainability. In cases as important as this one, it's a good thing that the little things add up!

5. What Are the Most Effective Eco-Friendly Cleaning Tools?

Make sure you have eco-friendly cleaning supplies to go with your non-toxic cleaners.

Buckets



Go Green: Reuse old buckets

You can reuse any size of bucket or tub. There are probably millions of uses for 5 gallon buckets. Mine mostly are used for storing things like gravel or mulch, and I carry one when I'm working in the yard to collect my weeds. It makes a pretty good compress tool to stuff the green waste bin as full as possible. I don't think you need to spend money on new ones...I bet if you could find some restaurants with extras they don't need, or if you know anyone with a saltwater aquarium, they will probably have ton of buckets that their salt came in.

If you need a new bucket, try one made from recycled materials, such as these EcoSolutions 5 gallon buckets.

Even better, go plastic-free with a galvanized steel bucket. Behrens makes many sizes, which are widely available.

- Amazon / Walmart / Home Depot / Target

Recycling buckets

Metal buckets are recyclable; plastic buckets are recyclable depending on type of plastic and local recycling guidelines.

Cleaning cloths

Pretty much any fabric scraps from old clothes, towels, or sheets can serve this purpose.

Microfiber is a very useful and popular material to use for cleaning, but unfortunately microfiber

is a synthetic material that sheds tiny pieces of plastic into the surrounding environment. Read more about microplastic pollution here. If you buy new cloths, make sure they are made from a natural fiber like 100% organic cotton.

- Full Circle Tidy Dish Cloth Set – 100% organic cotton. Also available at EarthHero / Amazon
- Bambu All-Purpose Dishcloth – Certified organic cotton/hemp blend
- Cloth diapers or burp cloths made from 100% natural cotton can also serve this purpose, such as these Burt's Bees 100% organic cotton burp cloths or Meliora's Repurposed Organic Cotton Diaper Rags, which have been sterilized and upcycled.

Eco-friendly duster

Most popular dusters are made from microfiber, which unfortunately is a synthetic material that can release microplastics. For plastic-free dusting, try one of the following products.

- Marley's Monsters sells a 100% organic cotton duster on a wooden handle, or one made with 70% bamboo and 30% organic cotton.
- Zero Waste Co. has a similar option with cotton duster on a bamboo handle.
- Redecker makes a goat hair duster with a wooden handle, available on Amazon.

Wool Shop is a family-owned business that sells all kinds of dusters, including lambswool dusters with wood handles, however they have nothing on their website concerning animal welfare. They can also be found in various retailers, including Williams Sonoma.

**I don't like ostrich feather dusters because I don't trust that the feathers are gathered humanely and it's difficult to verify.

Plastic-free floor care

If you're a Swiffer fan, switch from the disposable cloths to reusable ones such as these 100% cotton Washable Mop Covers sold at the Zero Waste Store. Many other options can be found on Etsy.

Eco-friendly brooms

- O-Cedar Heavy Duty Corn Broom – with a wooden handle and natural straw bristles
- Superio Tampico Broom – available with wood or metal handle with a replaceable wooden head with tampico bristles.
 - Option with horsehair bristles available on Amazon
- Oakart Hand Brooms – Natural bristles and wood handles
- Redecker Horsehair Broom & Stainless Steel Dustpan Set – with beechwood handle. Very pricey.

Eco-friendly cleaning gloves

Go Green: Latex or nitrile gloves

Most household rubber gloves are not actually made from rubber but from from PVC, or vinyl, which is the most dangerous plastic to our health. These gloves are not recyclable or

biodegradable. Instead, choose cleaning gloves that are made from natural rubber latex, which comes from trees and is fully compostable.

- If You Care Household Gloves are sturdy, comfortable, and don't make my hands sweat. They are made from 100% natural rubber and the company recommends to cut them up into small pieces when composting at the end of their life.
- Full Circle natural latex gloves
 - Also available at EarthHero
- Grove Cleaning Gloves – latex with cotton cuffs

If you have a latex allergy, go with nitrile gloves. While these are still a synthetic material, and therefore not biodegradable, they are non-toxic and a more eco-friendly alternative to vinyl gloves. I had a hard time finding 100% nitrile gloves meant for household cleaning and not single-use. The only option I have found is the HDX Green 11mil Reusable Nitril Glove at Home Depot.

Paper towels



Best practice is to skip paper towels altogether and use cleaning cloths or rags, Swedish dish cloths, or reusable paper towels. I know there are some messes you want a single-use paper towel for, so click to learn how to choose sustainable paper towels.

Natural sponges

Go Green: Biodegradable sponge

Most cleaning sponges and scouring pads found in stores are made of plastic. Instead, purchase biodegradable sponges made from 100% plant-based materials such as cellulose, walnut, or coconut coir.

- Bambu LongLife Sponge – There are two side of this sponge: a scrubbing side made from 100% hemp, and a washing side composed of a certified organic cotton/hemp blend, with a natural latex fill. Machine washable.
- The Blueland Scrub Sponge is made from 100% FSC-certified cellulose and loofah. It is also vegan, gluten-free, soy and nut-free.
 - Also available on Amazon.
- Full Circle Plain Jane sponge is made from 100% cellulose, and the packaging is compostable too.
 - Also available on Amazon
- Casabella Kind Loofah Sponge is made from cellulose and loofah, packaged in compostable film.
 - Also available at Whole Foods
- 4Ocean Biodegradable Sponges are thin and flat until you put them under water and watch them expand in a satisfying way. The website says to use one per day to prevent bacteria buildup, but I've been using the same one for over a week and it shows no signs of breaking down and I can clean it as I do any other kitchen sponge. I think this pack of 30 is going to last me for a while.

Spray Bottles

Purchase reusable glass spray bottles such as Grove's Refillable Spray Bottle or Everspring's Glass Reusable Spray Bottle and fill with water, adding desired cleaning concentrates or tablets, or make your own cleaner with the plethora of recipes online. See more details above.

Recycling spray bottles

Cleaning product spray bottles can be tricky to recycle because while the bottle is usually acceptable, the spray head/trigger is not because of the combination of plastic and metal spring mechanism inside. Check for local recycling options. Terracycle has a free mail-in recycling program you can send them to.

Eco-friendly toilet brush

Go Green: Biodegradable toilet brush

- Zefiro's wooden toilet brush is made with FSC certified beechwood and sisal bristles without any glues. It is vegan and fully compostable.
- The ZeroWasteStore Plastic-Free Toilet brush is composed of compostable, sustainably-sourced beech wood and tampico agave fibers and comes with a beechwood stand.

- The JoyfulHomeSL shop on Etsy sells a handmade toilet brush with a wooden handle and coconut coir bristles that is also completely compostable.

Other options:

- The Grove Toilet Brush with Replaceable Head is made from recycled aluminum and recycled plastic.
- Oxo Good Grips. This one isn't exactly made from eco-friendly materials, but since the brush heads are replaceable and you keep the handle, it's a start. It comes with an amazing little holder, so as long as you keep replacing the brush heads as needed, this should keep your toilets clean for a long time.

Hydrogen Peroxide



Go Green: Versatile, Eco-Friendly Cleaner

Hydrogen peroxide is a highly effective, natural cleaning solution that's perfect for eco-conscious households. Known for its powerful disinfecting and stain-removing properties, it tackles tough grime without the need for harsh chemicals. This non-toxic cleaner is safe for your family and the environment, making it a go-to option for maintaining a healthy, green home.

Uses and Benefits:

- Disinfectant: Perfect for sanitizing cutting boards, countertops, and bathroom surfaces.

- Stain Remover: Great for whitening grout, tackling stubborn laundry stains, and cleaning carpets.
- Deodorizer: Eliminates odors from refrigerators, garbage bins, and more.

Tips for Use: Store hydrogen peroxide in its original brown bottle to protect it from light, which can reduce its effectiveness. Always dilute with water for certain cleaning tasks, such as cleaning mirrors or sanitizing delicate surfaces.

Availability: Hydrogen peroxide is affordable, widely available, and an essential addition to any eco-friendly cleaning routine.

12 Things You Can Clean with Hydrogen Peroxide

Eco-conscious cleaning has gained significant traction in the past few years. Homeowners in NSW have been preparing and using non-caustic and gentle products to tackle dirt and grime from different surfaces. The best part is that you can easily find these products in your kitchen pantry. These include white vinegar, lemon, salt, essential oils, etc., promoting a clean, hygienic, and healthy indoor environment.

Another amazing environmentally-friendly household cleaning product on the list is Hydrogen peroxide. Initially used to disinfect scrapes and wounds, hydrogen peroxide has multiple other cleaning benefits around the home. The brown bottle of this powerful cleaning agent can do wonders in tackling stubborn stains and grime.

Here is a comprehensive list of 12 things you can clean and disinfect with hydrogen peroxide. To achieve optimal results, make sure you do a patch test on different surfaces. Let's Get Started!

1. Safety Tips When Using Hydrogen Peroxide

Professionals cautiously use 3 percent hydrogen peroxide when performing a cheap end of lease cleaning Sydney.

Wear gloves and goggles when using the product, and always keep the space properly ventilated to avoid strong fumes. Lastly, never mix hydrogen peroxide with vinegar, ammonia, or rubbing alcohol. These combinations can produce toxic gas and even lead to a fire hazard.

2. Clean Kitchen Countertops and Cooktops

Prepare a DIY kitchen cleaner by mixing hydrogen peroxide with baking soda. The duo will help you remove stains, oil splatters, and grime quickly. Apply the paste to the surface and leave it for 15 minutes. Next, wipe down the surface using a soft sponge and rinse away to remove the paste residue.

Hydrogen peroxide is antiseptic and can disinfect kitchen surfaces, while baking soda effectively dislodges grease and grime stains from marble countertops and delicate cooktops.

3. Sparkle Cookware & Dishes

The powerful duo of hydrogen peroxide and baking soda can help you dislodge baked-on food residue and gunk from pots, pans, and baking trays. Adding a few drops of mild dishwashing soap can help you scrub stains and grease with ease. You can also use this concoction on the detachable grill grates of your BBQ and oven to bring back the lost shine.

4. Clean and Disinfect Kitchen Sponges

Dirty kitchen sponges can contain lethal germs and bacteria that can lead to cross-contamination if you keep using them on different surfaces. So, make sure you clean and disinfect it after every use. Add 3 % hydrogen peroxide and warm water in a bowl. Soak your sponge for half an hour and rinse it in plain water. Make sure you air dry before using it again for cleaning.

5. Sanitise Your Refrigerator



There is no denying that white vinegar is a versatile product that can help you tackle stains and grime effectively. It can easily remove stains from your refrigerator and other appliances. Unfortunately, it won't sanitise the surface. For that, you can apply hydrogen peroxide to a cloth or sponge and wipe down the inside of your fridge.

End of lease cleaning Sydney professionals recommend disinfecting the shelves, side walls, drawers, door handles, door seal and gaskets for effective results.

6. Achieve Streak-Free Windows and Mirrors

Are you looking for an affordable and eco-friendly way to remove smudges and stains from glass surfaces? Spray 3 per cent hydrogen peroxide onto your window glass or mirrors and wipe down with a lint-free cloth.

Run a rubber squeegee to remove solution residue and remaining gunk from the surface for streak-free results.

7. Whiten Grout Lines

Revive the shine and brightness of the grout lines of your bathroom and kitchen tiles using hydrogen peroxide. Dip a soft-bristled toothbrush in the solution and scrub the lines to remove dirt, stains, soap scum and mould effectively. Make sure you rinse and wipe tiles to prevent further mould growth.

8. Deep Clean Your Carpets and Upholstery Furniture

Believe it or not! This powerful cleaning agent can easily remove stubborn stains from fabric or delicate coverings. Ensure you test the product in an inconspicuous area on your plush carpet or couch.

After that, spray the solution on the affected area and blot it with a cloth. For an added boost, mix peroxide with steam and dish soap.

9. Remove Mould and Mildew From Ceiling Walls

Removing mould from ceilings of your bathroom, kitchen and basement becomes easy and effective. If you encounter black, grey, or greenish mould stains on walls, apply a hydrogen peroxide and water solution.

Spray and leave it for a few minutes to dislodge the stains. The antiseptic solution kills the fungi and leaves your walls sparkling clean. Ensure you do this before the final inspection of your rental property in Sydney. Restoring your walls can help you claim full bond money.

10. Dislodge Brown Stains From Your Toilet

Commercial toilet cleaners contain harmful chemicals that can leave toxic fumes behind, causing respiratory issues and eye irritation. Instead, use hydrogen peroxide that works effectively on calcium deposits and lingering germs. All you need to do is to:

- Pour half a cup of peroxide into the bowl
- Let it sit for half an hour.
- Scrub the bowl, including nooks and crannies, using a toilet brush
- Flush it to see sparkling shine.
- Soak your dirty toilet brush in the hydrogen peroxide solution for cleaning and disinfection.

11. Eliminate Dust Mites From Bedding

This magical ingredient can kill dust mites and germs from your bed sheets and mattress. Mix equal parts of water and hydrogen peroxide in a spray bottle and spritz your mattress and bedding to kill pesky bacteria and enjoy good sleep at night.

12. Maintain Humidifiers and Dehumidifiers

Are you using both devices regularly to control the moisture in your home? If yes, then improve indoor air quality using this effective hack monthly:

Mix equal parts of peroxide and water and run it through humidifiers and dehumidifiers to remove dirt, grime, mould and mildew. If you want to spruce up the entire property, hire professionals for a quality end of lease cleaning Sydney and easily get your full bond back.

Wrapping up

Cleaning with hydrogen peroxide promotes a healthy, environmentally friendly, and sparkling living space. It is an effective and natural stain remover, disinfectant, and carpet cleaner that makes cleaning super easy for homeowners.

6. How Can You Encourage Your Family to Adopt Eco-Friendly Cleaning Habits?

Making your home and family more eco-friendly is essential for our planet's and families health. Check out the best tips for motivating your family to adopt sustainable practices.

It can be tough to get your family on board with being eco-friendly. Many people view it as a hassle, or they don't see the importance of it. One of the best ways to motivate your family to be eco-friendly is to set a good example.

They are likely to follow suit if you prioritize sustainability in your home. It applies to all household chores, including using a jacuzzi and swimming pool. ByRossi can help you with the choice of eco-friendly models. Also, you can learn there how to improve your pool or hot tub to reduce your carbon footprint.

This article will outline tips for creating a sustainable home that will inspire your family to join you!

Eco-friendly motivation tips for your family

When it comes to motivation, it can be challenging to involve your family in any process, especially if it is an eco-friendly way of life. That's why we gathered some helpful tips for you to facilitate this process and make it enjoyable.

01. Explore nature together

One of the best ways to motivate your family to be eco-friendly is to explore nature together. It can help everyone appreciate the natural world. Spend time hiking, camping, fishing, bird watching, and learning about different ecosystems. Explain how important it is to protect our environment and what each of you can do to help. It will not only teach your family about why being eco-friendly is important, but it will also create lasting memories together.

02. Grow veggies with children at home

Kids are more likely to eat veggies if they help grow them! Starting a small vegetable garden is a great way to get the whole family involved in eco-friendly living. Not only will you be teaching your children about where food comes from, but you'll also be spending quality time together as

a family. They can help you plant the seeds, water the plants, and harvest the vegetables when they're ready. Plus, homegrown veggies always taste better than store-bought ones!

If you don't have a lot of space for gardening, that's okay.

- You can still grow some vegetables in pots on your balcony or deck.
- You can start an herb garden on your windowsill or in a sunny spot.
- Or, if you want to get creative, you can grow veggies in recycled materials like egg cartons or milk jugs.

Just make sure to choose plants that are suitable for container gardening.

Whichever way you choose to do it, growing your food is a great way to teach your kids about sustainability and the importance of taking care of our planet. Plus, it's a fun activity that the whole family can enjoy together.

03. Eco-friendly lunch box and bottle of water



One easy way to reduce waste and save money is to pack lunch from home in reusable containers.

- Ditch the paper bags and plastic wrap in favor of reusable lunch boxes and water bottles. Not only will this save you money in the long run, but it's also better for the environment. Plus, it's a great way to teach kids about the importance of being eco-friendly.
- You can even make it a game to see who can create the most creative eco-friendly lunch idea daily.

04. Household eco-friendly habits

One way to get your family on board with being eco-friendly is to implement some easy household habits. Here are a few ideas to get you started:

- Encourage everyone to use reusable shopping bags when grocery shopping.
- Have each family member responsible for recycling their waste.
- Start composting food scraps and using them in your garden.
- Reduce energy consumption by making small changes like turning off lights when leaving a room.
- Save water by taking shorter showers, turning the faucet off while brushing your teeth, and using a broom instead of a hose to clean your driveway.
- Switch off appliances when not in use. You could even install timers or motion sensors to help remind you.

You can have a kind of eco-friendly competition. Create a board on which you will give points to each participant for doing this or that environmental thing. At the end of the month, the winner will receive a gift.

05. Sort family waste together

One way to get your family on board with eco-friendly living is to sort your waste together. This way, everyone can see exactly what goes into the recycling, compost, and landfill bin. You can even make it a game or a competition to see who can generate the least amount of waste each week.

You could also start a compost pile together. Composting is a great way to reduce waste and help your plants grow. It's easy to do, and kids will love getting their hands dirty!

Sustainability is about using resources that don't damage or deplete them. There are many ways to make your home more sustainable. But one of the most important things you can do is to motivate your family to be eco-friendly.

So there you have it: a few tips to help motivate your family to go green. By leading by example, having a conversation, and having some fun, you can make sustainability a priority in your home without sacrificing comfort or enjoyment. Give it a try today and see for yourself!

Bottom Line

Embracing eco-friendly cleaning practices is a step towards a healthier home and a more sustainable planet. By choosing natural products, reusable tools, and mindful habits, you not only protect your family from harmful chemicals but also contribute to environmental conservation. Small changes in your cleaning routine can lead to significant benefits for your well-being and the world around you.

Start your journey to greener living today—because a clean home should never come at the cost of your health or the Earth.

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