

## Ways to Create a Green and Healthy Home

Going green at home is often one of the first steps to a sustainable lifestyle. Green and healthy homes care the health of the people living there in many ways. An unhealthy home can be transformed into a clean, healthy and safe by being proactive about using environmentally friendly Products and Practices.

### Household hazardous waste

Household hazardous waste includes cleaners, stains, varnishes, batteries, automotive fluids, pesticides, herbicides, certain paints, and many other items. Its improper disposal can cause injury to sanitation workers and pollute the environment.



- Follow instructions for use and storage provided on product labels carefully to prevent any accidents at home.
- Never store hazardous products in any other containers; keep them in their original containers and never remove labels.
- When leftovers remain, never mix with other products. Incompatible products might react, ignite, or explode, and contaminated product might become unrecyclable.

Reduce the use of products that contain hazardous ingredients. Try to use alternative methods or products—without hazardous ingredients—for some common household needs. When shopping for items such as multipurpose household cleaners, toilet cleaners, laundry detergent, dish soap, dishwashing machine pods and gels, bug sprays and insect pest control, consider shopping for environmentally friendly, natural products or search online for simple recipes you can use to create your own

### Keep the Air clean



**Prohibit smoking:** Never allows anyone to smoke in the home. Cigarettes are full of toxic chemicals and secondhand smoke exposure can cause cancer.

**Grow indoors plants:** Live plants around home act as natural air filters, and some plants are particularly effective absorbers of harmful pollutants emitted from carpets, furniture, and electronic equipment. So plant spider plants, Boston ferns, rubber plants, money plants, Snake plant, Peace lily and palm trees. *Aloe vera* is a smart choice for a sunny kitchen window.



## Prefer to reuse

**Use durable goods:** Reuse is preferable to recycling. Choose reusable items/products



**Buy recycled items:** Look for the recycled symbol when shopping for products - like writing paper and toilet tissue. Buying recycled products helps close the recycling loop and create a bigger demand for products made from recycled content.

**Find innovative ways to recycle/reuse household items:** There are many ways to reuse household stuff. Donate used toys/clothes to NGOs rather than tossing them in the trash. Swap books with friends. Before tossing the unused items in the recycling, think about how they can be used. Create home decorative items with these.



## Reject toxic products

**Prefer non-toxic cleaners:** Replace harsh chemical cleaners with eco-friendly alternatives, which can cause health problems and pollute the environment as well. Buy non-toxic, biodegradable cleaning products or make your own: Baking soda is a cheap and effective all-purpose cleaner, scourer, polisher, and fungicide. Switch to natural disinfectants which are easily available in market.



**Use cloths instead of cleaners:** Skip the cleaning products altogether and switch to microfiber cloths designed to attract dirt on their own. Used damp, the cloths clean most surfaces like glass, stainless steel, brass, wood, and ceramics. When dry, they give off a natural positive charge, which attracts dust. Simply wash the cloths after each use, and reuse them again and again.



**Give bug spray the flick:** Pesticides / insect repellents are not



good for home and health. To keep insects out, seal cracks and holes around doors, windowsills and baseboards. Keep food stored away and kitchen and eating areas as clean as possible.

***Water and energy are linked; it takes water to make energy (electricity and transportation fuels) and it takes energy to move and treat water. When you save energy you also save water.***

## Save energy

Saving energy at home is easy. Using less energy has lots of benefits - can save money and help the environment.

- Change your travel behaviour, think more in terms of public transportation or pool the car.
- Choose products that come with lightweight packaging
- Keep the windows closed while heating or cooling, dress accordingly.
- Look for the ENERGY STAR® label on appliances
- Reuse plastic bags for shopping and storage
- Turn off lights and appliances when you are not using them, use energy-saving light bulbs
- Use rechargeable batteries instead of disposable batteries
- Wash only full loads of dishes and clothes. Air dry clothes



## Water use it wisely

When it comes to conserving water, small adjustments can have a big impact. Even water does not appear in short supply; using less water actually means reducing energy use and saving money. There are lots of big and small ways that can conserve water around the home. Simply follow the ways.



- Check all faucets, pipes and toilets for leaks
- Install water saving showerheads and ultra-low-flush toilets
- Fully load your dishwasher. Rinse dishes in a full sink or pan of water
- Wash full loads of clothes
- Water your lawn or garden early in the morning or late in evening

Simplifying the lives goes a long way in going green at home. Keeping in mind these ways can help guide us in environmentally-responsible actions.

**Source:** <http://www.webmd.com/women/features/25-ways-create-green-healthy-home?page=2>  
<http://www.greenandhealthyhomes.org/what-green-healthy-home>,  
[http://www.futurenergia.org/ww/en/pub/futurenergia/activity/save\\_energy.htm](http://www.futurenergia.org/ww/en/pub/futurenergia/activity/save_energy.htm),  
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