

Your Guide to Sustainability

in Daily Life



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Abstract

Sustainability in daily life is essential in Sydney to preserve its vibrant environment, unique biodiversity, and high quality of life. With increasing urbanization, adopting eco-friendly practices helps reduce carbon footprints and conserves natural resources. Simple actions like using public transport, conserving water, and choosing reusable items significantly minimize waste and pollution. Sustainability also supports local initiatives, promotes energy efficiency, and reduces dependence on non-renewable resources. For a city as diverse and progressive as Sydney, embracing sustainability ensures economic growth while protecting its natural beauty for future generations. It fosters a culture of responsibility, aligning with global efforts to combat climate change.

1. Introduction

Sustainability in daily life is crucial for preserving Sydney's stunning natural landscapes, diverse ecosystems, and vibrant urban life. "Your Guide to Sustainability in Daily Life" explores practical ways to adopt eco-friendly habits in Sydney's unique environment. From reducing waste and conserving water to using public transport and supporting local businesses, this guide empowers you to make choices that benefit both the planet and the city. By embracing sustainability, Sydney residents can help combat climate change, reduce environmental impact, and ensure the city remains a thriving, beautiful place for future generations. Every small step contributes to a greener Sydney.

2. Sustainability At Home Can Build Habits For A Better Tomorrow

There's little doubt that the COVID-19 pandemic has uprooted our way of life. In addition to stay-at-home and social distancing orders, people around the world are traveling less, are spending more time at home, ordering more food and essential items for home delivery, and wearing protective masks when out in public. In all of these changes, the pandemic has brought into sharp focus the interdependency of human and planetary health.

As people everywhere have radically and rapidly shifted their behaviors, there has been an observable change in the natural environment we all share. With reduced emissions thanks to reductions in activities like daily and long-distance travel, our skies and seas are cleaner, and flora and fauna are flourishing. Yet, at the same time, we're finding ourselves becoming more reliant on single-use and packaged items that help protect public health, and, as a result, an increased amount of recycling and waste to contend with as we continue to live differently.

A recent survey conducted by Procter & Gamble and Hill+Knowlton Strategies in Sydney showed that, across the board, people are encountering new challenges when it comes to acting sustainably as they spend more time at home. Home water use – particularly hot water – has increased for nearly three-quarters of people and nearly half have increased their overall energy consumption. In addition, more than half of the households surveyed are using more products that come in cans and plastic packaging.

Survey findings also provided reasons for optimism. Approximately three out of five people surveyed indicated that they want to learn more about how to continue to live sustainably despite the changes. Many are seeing the pandemic as "a wake-up call" and want to use the crisis as an opportunity to recommit to protecting the planet.



Here at P&G, the findings inspired us to launch “Sustainability at Home,” a video series that provides tips from experts on how to develop sustainable habits while spending more time at home. Even simple steps to reduce consumption and waste, can make a difference in a big way – for example:

Run your dishwasher. Households can save up to 100 gallons of water a week by running the dishwasher vs. washing by hand if there are more than eight dishes to be cleaned. Running the faucet in the sink uses four gallons of water every two minutes, while the dishwasher uses less than four gallons in an entire cycle.

Turn off the faucet when brushing your teeth. Just like when washing the dishes, if you leave the water running while you brush your teeth, you can use nearly four gallons of water every time you brush.

Take advantage of curbside recycling pickup or central drop-off. If services are still accessible, keep up with recycling resources in your area. If you live in an area where recycling collection services are suspended or community recycling stations are closed, consider whether you can set aside your recycling until services resume. Don’t forget to check the numbers inside the recycling symbol on plastic bottles and packaging to be sure they’re recyclable in your area.

Strive for Energy Efficiency. Despite the fact that we are using more energy to power work, school, entertainment, connection to friends and family, cooking and beyond, there are still ways to manage home energy use. Small things like switching to LED lights can dramatically reduce energy costs in the home. You can also use 2-in-1 shampoo and conditioners or fast rinsing conditioners to limit the amount of time spent in shower, reducing the energy needed to heat the water.

For consumers, the continued focus on personal and global sustainability in the midst of the pandemic is clear. Social distancing has unquestionably been an accelerator for certain green habits, like driving less, buying products with less packaging, reusing products, and many people don’t want to go back. Despite feeling pressures of a strained economy and ongoing concerns about public health, many will be looking for hope in the future and seeking to live in a more regenerative way.

But as stay-at-home orders continue to lift and lock downs are eased, we may well find ourselves at a crossroads. As responsibility and mindfulness continue to take on new meanings, let's recommit to maintaining, and restoring, healthy connections with each other and with the planet we share. Together, we can find ways to embrace lower emission lifestyles that are accessible, affordable and irresistible for all.

3. The Essential Guide to Sustainable Living

Sustainable living is good for the planet—and for you. Read on to learn how to avoid plastic, reduce your carbon footprint and be more eco-friendly in general.

What is sustainable living?

Living more sustainably, or cultivating an awareness of how your actions and choices impact the environment and then adjusting your actions accordingly, has many benefits. “By living more sustainably you are lightening your load on our environment. When you choose to behave, consume and regenerate with nature in mind, you avoid unnecessary burden to our already stressed ecosystems,” Levine explains.

Why is sustainable living important?

In short, sustainable living can slow climate change, which is desperately needed. NASA shares these following facts to show that climate change is real:

1. The earth's average surface temperature has risen about 2 degrees since the late 19th century.
2. 2016 and 2020 are tied for the warmest years on record.
3. The top 100 meters of the ocean have warmed more than 0.6 degrees since 1969.
4. Between 1993 and 2019, the Greenland ice sheet lost an average of 279 billion tons of ice per year.
5. The rate at which sea levels are rising worldwide over the last two decades is double that of the last century.

How can you live a more sustainable lifestyle?

Living a more sustainable lifestyle starts with the little changes you can make in your everyday life. Read on for more than 50 tips on how to live a sustainable lifestyle.

How to live more sustainably at home

Many of the simplest sustainable living ideas are those that take place in your house and in your day-to-day life. Here are some of the most common as well as most impactful changes you can make.

Conserve water

According to the Environmental Protection Agency (EPA), the average family in Sydney uses more than 300 gallons of water in their home every day, with the shower, toilet, washing machine and faucet making up roughly 80%. The first step to conserving water in your house is to be more conscious of how much you're using and wasting while completing household tasks.



Conserve energy

Similar to water usage, most people don't realize how much energy they are using in their homes—but taking steps to conserve it is good for the environment (plus takes some pressure off your wallet). When it comes to figuring out how to conserve energy, the EPA and manufacturers have done a lot of the work for you. If you're shopping for light bulbs or appliances, look for the blue ENERGY STAR logo, which means the product has been independently certified as using less energy and reducing emissions enough to curb the air pollution the product is producing. This simple step can have big benefits: According to the EPA, energy-efficient light bulbs that are certified by ENERGY STAR use 70% to 90% less energy than regular incandescent bulbs, and an ENERGY STAR washing machine costs \$143 less to run annually versus a model from 2000.

Ditch single-use plastics

One of the easiest ways to reduce plastic pollution is to avoid single-use plastics. According to the Natural Resources Defense Council, single-use plastics are goods made primarily from fossil fuel-based chemicals that are meant to be discarded immediately after use. These include plastic straws, plastic grocery bags, candy bar wrappers, plastic bottles and other products. And while there are some plastic products that are important and necessary, such as surgical gloves, half of the 300 million tons of plastic we produce worldwide on a yearly basis comes from single-issue products.

Striving toward living plastic-free can drastically reduce ocean pollution. "Bring your own reusable water bottle, shopping bag, straws and coffee mugs. If you make it a habit to bring along your own stuff, it can eliminate a lot of waste," says Levine. "This is a simple and easy way you can start to be more mindful of your footprint."

Recycle

"Recycling can be a great way to live more sustainably," says Levine. While it's true that recycling can help you be more eco-friendly, there are rules that need to be followed to prevent your recycling from

winding up in a landfill. “I would caution people not to ‘wish-cycle,’ which is placing an item in the recycling bin without knowing whether or not it’s actually accepted,” Levine adds. In general, paper, cardboard, aluminum and other non-scrap metals and rigid plastics can be recycled, while some carriers accept glass and Styrofoam as well. “Try to rinse and dry your containers to ensure they are clean to improve the quality of the recyclable item, like a metal can or milk jug,” Levine says.

Sell unwanted items

Whether you need to get rid of old clothes, electronics or other household items, it’s easier than ever to sell your old and unwanted stuff. That’s because there are so many online marketplaces where you can safely reach people who are seeking the exact things you’re hoping to bid goodbye.

Upcycle

Unlike recycling, in which waste products are broken down and converted into reusable materials, upcycling involves taking a product and turning it into something else of equal or higher value. And depending on your level of creativity, almost anything can be upcycled! You can do something as simple as using old T-shirts as cleaning rags or empty glass jars as food storage, or something as artistic as transforming broken furniture into stylish home decor.

Make your own cleaning products

“When I first started living more sustainably, I wasn’t really doing it from a save-the-planet perspective,” shares Kellogg. “I was making a lot of these changes to save money and have more control over the products and ingredients I was bringing into my home. I had a really bad hormonal imbalance, and things like plastics, cleaning products and beauty products have a lot of endocrine disruptors in them.” Indeed, making your own cleaning products not only reduces your environmental footprint, but this sustainable living idea can help improve your health as well.

How to shop more sustainably

Put your money where your mouth is when choosing which companies to support. This can go a long way toward encouraging manufacturers to continue or begin to build sustainable business practices, Kellogg says. Here are some of the best ways to do so.

Support sustainable fashion

The first place you can make an effort to shop more sustainably is the clothes you buy. Sustainable clothing brands are those that prioritize fair labor practices and eco-friendly manufacturing processes. Buying from these brands, as opposed to fast fashion brands that produce cheap, trendy clothes in often unsustainable ways, sends a message that companies looking for customers should follow suit. “I try to look for brands that are prioritizing their workers by paying a fair living wage and providing good working conditions,” says Kellogg.

Give life to old clothes

If you’re tired of a piece of clothing or you’ve grown out of it, you have many options for giving it a second life that will help reduce waste. First, for items that still fit, you can consider upcycling them, for example by dyeing a shirt or patching or embroidering a pair of pants. If an item no longer fits, consider turning it into a tote bag or a quilt.



Shop sustainable brand marketplaces

It's not just clothing companies working to make their production and supply chains more sustainable: There are companies you can support that are making all sorts of things, from eco-friendly cleaning products to snacks, and one of the easiest ways to find them is through a brand marketplace that supports these business practices. Here are some you can check out:

Grove Collaborative: Natural and sustainable cleaning, home, beauty and personal care products

Thrive Market: Natural and organic food, home and beauty products

Hive Brands: Sustainable food, home, wellness and pet products

Imperfect Foods: Sustainable groceries

The Flowry: Sustainable fresh flowers

Choose sustainable furniture

The EPA has numerous standards that furniture manufacturers must achieve in order to be considered a green product. In general, sustainable furniture is pieces that have been built ethically, ideally from natural materials and without the use of synthetic chemicals or substances, and have been built to last. Some companies are even making furniture from recycled materials, slashing the amount of waste that can wind up in landfills as a result of the production or use of the product. To see if a piece of furniture was made sustainably, look for certifications on the company's website from any of the following organizations: Cradle to Cradle, Better Cotton Initiative, Fair Trade USA, Forest Stewardship Council, Global Recycled Standard, OEKO-TEX and Tencel.

Seek out sustainable shipping and packaging

Whether you're ordering things online or mailing out gifts around the holidays, the materials you use to package your products and the method used in shipping may be contributing to environmentally

harmful practices. When you are shipping things, try to avoid wasted space as much as you can, and choose packing materials made from just one material, such as 100% recycled cardboard boxes and newspaper for padding—bonus points if you have these things at home already and are reusing them instead of purchasing new. When possible, select the slowest shipping method for purchases, as this will use existing routes and won't contribute to increased fossil fuel emissions (plus, it's typically cheaper).

4. What Is Environmental Eating? A Sustainable Foods Dietitian Explains

As a registered dietitian with a master's degree in sustainable food systems, I'm always considering how food not only impacts human health, but the health of our beautiful planet – especially when perusing the grocery store aisles. While it might be hard to believe that we can impact climate change through what we eat—a practice known as environmental eating—our food choices can seriously alter the environment. Read on to learn more about environmental eating, and find out what foods you'll always find on my grocery list to nourish my body and protect the planet.

Why Environmental Eating Matters

When it comes to climate change, our global food system is actually a major contributor. In fact, it's responsible for approximately a third of all greenhouse gas emissions (GHGs) across the planet. This takes into account all the manufacturing, processing, and transportation of the inputs and outputs of this massively complex system. It also includes the emissions, including methane (a GHG 80 times more potent than carbon dioxide), from the animals that are raised for food production. Plus, there's so many other factors to acknowledge, including unsustainable water usage, deforestation, use of inequitable labor, and pollution of air, water, and ecosystems.

The Basis of Environmental Eating

While environmental eating can be complex and multi-faceted, here are just a few key concepts to keep in mind when shopping for food:

Opt for Plants First: Internationally recognized research group, Our World in Data, found that plant-based foods emit 10 to 50 times less GHGs than animal-based products, due to many of the reasons mentioned above. Plus, plants require carbon dioxide (CO₂) to perform photosynthesis for growth—actually sequestering this GHG from the atmosphere. Great options here include whole grains, fruits, vegetables, legumes, nuts, and seeds, which will all provide tons of fiber, vitamins, minerals, and immune-boosting plant compounds.

Limit Animal-Based Products, Especially Red Meat: On a similar note, limiting animal-based food choices will have a hugely positive impact. But when we do choose animal-based foods, there's so many ways to make better environmental choices, including limiting red meat. Not only has red meat been linked to chronic disease like heart disease and colon cancer, but it also has the most significant environmental impact. In fact, 14.5 percent of all global GHG emissions are linked to livestock production. Whether it's red meat, dairy, chicken, eggs, or other animal-based favorites, a great way to reduce the impact of these food choices is to look for regeneratively-raised options. Regenerative agriculture is a circular system where animals graze and then naturally fertilize pasture land with their waste. This helps that land to build healthy soil, sequester carbon, and even restore ecosystems.



The Less Processing, the Better: If we think about some of the processed food options lining grocery stores shelves nationwide, many of them have upwards of 20 ingredients. Each of those ingredients, especially ones with hard-to-pronounce names, went through their own manufacturing process with its own emissions before even arriving at the factory to be included in the food in question – which then, of course, has its own footprint. Plus, processed foods often come in lots of packaging, with nearly all of them including some form of plastic, most of which cannot be recycled. Processed food consumption is also inextricably linked to chronic disease.

Invest in Local and Organic: While local and organic farming systems are not always following the gold standards for environmental farming practices, they typically are doing a much better job than their conventional counterparts. Organic agriculture avoids the use of the gnarliest chemicals within the system, and is often utilized by producers who really care about the products they're bringing to the market and the land they farm. With local farming, you have the advantage of either actually going to the farm, or connecting with the farmer in some other way to ask the hard-hitting questions on what types of practices they're employing—chemicals, equitable labor, soil health, water usage...you get the picture. Plus, through supporting your local food producers, you're supporting the local economy, which is a major bonus.

Environmentally-Friendly, Nutritious Foods to Buy

So without further ado, here are six foods that you'll always find in my grocery cart that prioritize optimal nutrition and minimal environmental impact:

Lentils

Lentils are such a great staple for me, as they make the perfect protein-rich addition to soups, salads, grain bowls, and dals. Plus they are loaded with nutrition—including fiber, protein, B vitamins, zinc, iron, phosphorus, potassium, magnesium, copper, manganese, and plant compounds. Lentils not only sequester carbon through their growth process, but they are also nitrogen-fixing plants, which means they pull nitrogen from the atmosphere into the soil. Nitrogen is the main ingredient in fertilizer, so these plants can help farmers reduce their use of the chemical stuff, and boost their soil productivity naturally.

Mushrooms

Mushrooms are all the rage these days, especially the adaptogenic varieties like reishi, lion's mane, and shiitake. Adaptogens help our bodies more easily handle internal and external stressors, increasing our resilience. But classic mushrooms like portobello, button, enoki, and oyster are also super good for us. Generally, you can expect mushrooms to offer fiber and a variety of vitamins, minerals, and plant compounds. Mushrooms play a key role in the plant kingdom, as they help to clean up their environment, cycling nitrogen, phosphorus, and carbon for other plants to use. Plus, these fungi are the most delicious addition to pastas, eggs, rice, soups, salads, or even just sautéed as an easy side dish.

Spirulina

From both a health and environmental perspective, it's tough to beat aquatic plants, like spirulina. Spirulina is a blue-green algae that is loaded with protein, prebiotics, omega-3 fatty acids, iron, copper, manganese, and plant compounds. These nutrients lend to boosted immune, heart, metabolic, and brain health. This perfect smoothie addition is also a sustainability champion due to its quick regeneration rate, nearly doubling in size each day, and sequestering massive amounts of carbon. Bonus: it can even be grown hydroponically!

Dark leafy greens

We all know dark leafy greens, like kale, collards, spinach, and arugula, to be excellent health foods due to their high fiber, vitamin K, iron, calcium, and bioactive compound content. But they're also great environmental food choices, as they grow quickly and can be easily produced indoors year-round, either in soil or hydroponically. Whether they're added to smoothies, grain bowls, pastas, casseroles, soups, salads, or any of the other endless possibilities, some type of leafy green is always a must grab during every grocery trip.

Oranges

Citrus fruits, like oranges, are classically known to be immune boosters due to their high vitamin C content, with one cup of orange slices offering over 100 percent of your daily needs. But many might not know that oranges are one of most sustainable fruit choices, as they are harvested from trees that typically remain in the ground for decades, sequestering carbon from the atmosphere and keeping it in the soil long-term. These bright bursts of flavor are one of the few produce items seasonal to winter, and add the perfect acidic sweetness to dressings, salads, sauces, and a variety of sweet treats.

Anchovies

Finally, we have anchovies. And while this may seem like an odd choice, anchovies are an underrated food that is shelf-stable, nutritious, sustainable, and delicious. Anchovies are a great source of protein, omega-3 fatty acids, calcium (thanks to their tiny, unnoticeable bones we consume while enjoying them), selenium, and B vitamins. This nutrition will promote energy, strong bones, heart health, and optimal thyroid function. From the sustainability front, few fish options are more environmentally-friendly than anchovies. This is because their low level on the food chain means that they grow quickly and are abundant, especially compared to a top feeder like salmon or tuna. This also means they will have very low mercury levels compared to the bigger fish. While wild anchovies are not an infinite resource, they are certainly a more sustainable choice, with much higher population numbers than the top feeders being rampantly overfished today. Plus, they can be ethically farmed. I love having anchovies on hand for pastas, salad dressings, and umami-rich sauces.

5. Sustainable Gardening Tips to Make Your Yard More Eco-Friendly



So, what is sustainable gardening? There's no official definition, but the idea is to minimize humans' impact on the earth. Sustainable gardening practices at home include avoiding polluting chemicals in fertilizers and pest control, preserving natural resources, and reducing waste whenever possible. You don't have to make huge changes immediately if you want to shift to sustainable gardening; even something as simple as using natural weed-killing methods instead of chemicals can help the environment. These sustainable gardening ideas will help you contribute to a happier, healthier planet.

1. Go Organic for Sustainable Gardening

Going organic is an integral part of sustainable gardening. Using fewer chemicals in your garden is more ecologically sound and more cost-effective. If you're raising food for your family, gardening organically is even more critical. Start from the ground up by building good soil rich in nutrients and add natural compost to amend the soil. If you discover insect pests or plant diseases in your garden, treat them with organic solutions.

2. Mulch Your Landscape

Not only is mulching a great way to prevent weeds from springing up in your garden, but it also helps hold moisture in the soil. In areas with water restrictions, this is especially important. Add a 2 to 3-inch layer of the mulch of your choice to your garden beds and around landscape plants. Mulch options for sustainable gardening include shredded bark, cocoa bean hulls, pine needles, grass clippings, and coir (made from coconut hulls).

3. Plant Natives

Knowing how to grow a sustainable garden includes knowing what plants to use. Sustainable plants are those that are indigenous to your region, also called natives. These native plants take less work, usually require less water, and thrive better than other perennials because they are already suited to your climate, rainfall, and soil types. Additionally, native plant species provide food and shelter for the native insect and bird populations.

4. Lose Your Lawn (Or Part of It)

A gorgeous, green, and weed-free lawn uses a lot of resources. Water and fertilizer are needed to keep most lawns looking in top shape. You can have more sustainable landscaping by reducing the area planted in grass and replacing it with easy-care perennial ornamental grasses, low-growing shrubs, or groundcovers.

5. Water Less

Using less water is an important element of sustainability, especially in areas where water is scarce and restricted. Xeriscaping, a method of gardening and landscaping that reduces the need for watering, incorporates a wide variety of attractive drought-tolerant shrubs and perennials. To collect water from Mother Nature to use on your plants, install a rain barrel at the base of one or more downspouts.

6. Grow Your Own Food

Growing sustainable vegetables, fruits, and herbs is satisfying, easy, and delicious. Plus, raising some of your own food is an essential part of a sustainable lifestyle. For a successful sustainable vegetable garden, plant intensively and by season. Crops, such as greens and lettuce, sprout quickly in the spring but die out in summer's hot temps. Beds can be interplanted with hot-weather crops such as tomatoes and peppers. When autumn temps cool down, you can sow cool weather crops again, getting three seasons of food from the same area.

7. Plant Perennials

Long-lived perennials are an excellent way to get more bang for your gardening buck. Choose perennials adapted to your USDA Zone; you can find zone information on the plant tag. To save money, buy small perennials; they'll get bigger and better every year. Every couple of years, they'll need to be divided, which gives you more plants to increase your sustainable gardening or share with friends.

6. Natural Vs. Chemical Cleaning Products: Pros And Cons

Choosing the right household cleaning products is crucial in maintaining a clean, healthy, and hygienic abode. Of course, store-bought cleaning sprays and solvents are effective and work great on stubborn stains, but you can't overlook the environmental and health hazards associated with them. Most of these products contain harmful chemicals that can cause respiratory disorders, skin irritation, and other serious problems if ingested.

Natural cleaning products, on the other hand, are safe, affordable, and environmentally friendly, but there is a myth that they won't tackle tough stains, grease, and grime effectively. Thus, it becomes

quite difficult to make the right choice for home cleanliness and hygiene. Each option has its benefits and limitations, depending on specific needs.



So, here is a comprehensive comparison on natural vs. chemical cleaning products. Read the pros and cons to choose the most suitable products for a tidy and hygienic home in Sydney.

Let's Get Started!

1. Understanding Natural Cleaning Products

Natural, eco-friendly, or organic cleaning products are made from plant-based or chemical-free ingredients. They are gentler on the environment and human health than traditional store-bought cleaners.

A basic natural cleaning product toolkit includes white vinegar, baking soda, hydrogen peroxide, lemon, salt, borax powder, essential oils and rubbing alcohol. The best part is that you can prepare these products at home to remove stubborn stains and grime from surfaces.

2. Know About Chemical Cleaning Products

Traditional household cleaning products are formulated with synthetic chemicals, such as ammonia, chlorine, bleach, sodium hypochlorite, phthalates, etc. These ingredients are powerful, efficient, and suitable for quick and effective cleaning. Store-bought toilet cleaners or grease removers often provide quick results compared to eco-friendly alternatives. Plus, they are available in a wide range to tackle all types of dirt and grime, including mould.

Unfortunately, excessive exposure to chemical cleaning products can lead to various health hazards, pollute the waterways, and release greenhouse gas emissions into the air, causing environmental hazards. Therefore, professionals responsibly use chemical-based products when performing a budget end of lease cleaning Sydney for the quick retrieval of bond amount.

3. Pros of Natural Cleaning Products

The key benefits of natural cleaning products are listed below:

Environmentally-friendly/Biodegradable

One major advantage of using natural cleaning products is that they do not cause air and water pollution. White vinegar, hydrogen peroxide, baking soda, and other green products do not impact climate change or global warming and ozone layer depletion. They don't even pose a threat to marine life or other living organisms in the ecosystem.

This means you can prepare and use homemade natural cleaning agents to remove grime, grease, and gunk from different surfaces without leaving toxic fumes behind. This can help you achieve a healthy, hygienic, and sparkling living abode.

Ensures Utmost Safety

Cleaning a house with natural cleaning products is safe for kids, pets, and people with asthma symptoms. These products are free from synthetic fragrances and harmful chemicals, making them less toxic.

This means removing stains using a vinegar-based solution or tackling mould stains with hydrogen peroxide minimises the risk of skin irritation or respiratory problems compared to traditional household cleaners.

Affordable

The best part about eco-friendly cleaning is that you can prepare different products at home using all-natural ingredients. This can save you a lot of money. Instead of using multiple store-bought cleaners, you can prepare:

Vinegar-Based Cleaner to tackle grime, stains and grease from different surfaces, like windows, glass surfaces, floors, tiles, appliances, chrome, etc. Do not use it on natural stone surfaces.

Baking soda and borax to dislodge grease and oil stains

Lemon to Disinfect surfaces

Hydrogen peroxide to remove mould stains, etc

These can be effective end of lease cleaning hacks for budget-conscious renter and secure the full bond money.

4. Cons of Natural Cleaning Products

There are a few disadvantages to consider:

Less Potent

Unfortunately, some natural cleaning products may require more energy and time to tackle tough stains and gunk. Store-bought de-greasers and stain removers are more effective.

Not Suitable For All Cleaning Tasks

Using vinegar or hydrogen peroxide may not kill lingering germs and bacteria. Many end of lease cleaning Sydney experts believe that it is always good to use approved disinfectants to kill germs or use rubbing alcohol as a safe alternative.



Short Shelf Life

Cleaning products made with natural ingredients have a shorter shelf life. This is because they do not contain added preservatives, which usually extend the durability of store-bought products.

5. Pros of Chemical Cleaning Products

Using chemical-based cleaning products can provide the following benefits:

Effective on Stains and Grime

There is no denying that store-bought cleaners and detergents derived from ammonia, bleach and other chemicals can tackle stains and grime effectively. Enzyme-based products can remove protein-based stains, while bleach can whiten surfaces. You can easily spruce up your dirt-laden toilets, bathroom fixtures, windows, caked-on grease from kitchen appliances, etc. The best part is that you can deep clean your carpets for rentals and help you pass the final inspection with ease.

Saves Time and Energy

Fancy traditional cleaning products are popular among homemakers because they require less time and energy to deliver sparkling results. You don't have to scrub the stain abrasively because ammonia and other chemicals effectively dislodge dirt and grime molecules from the surface, saving your elbow grease and time.

6. Cons of Chemical Cleaning Products

Have a look at the following disadvantages:

It Poses Health Hazards

Chemicals like phosphates and ammonia are considered dangerous for humans. Regular exposure can cause serious health concerns, such as coughing, sneezing, respiratory viruses, skin irritation, and more. It can even trigger allergies or worsen asthma symptoms. So, you need to be extra careful when using chemical cleaners.

Environmental Impact

Have you ever wondered where all the chemical waste goes after cleaning? Well, it's disposed of in the waterways, air, and soil. The chemicals used in traditional products are bad for our ecosystem. These products release greenhouse gas emissions and pollute the water resources and air, leading to serious concerns. Make sure you dispose of the waste properly according to the guidelines.

Expensive

The market is flooded with hundreds and thousands of cleaning products for different purposes. Most users may get trapped and buy expensive products for different cleaning needs. This can take a toll on your pocket. Instead, use affordable, eco-friendly products that can help generate the best results without any chemical exposure.

7. Choosing the Right Product

When making the final decision about household cleaning, you should understand your specific needs. However, you should always think about the ecosystem and opt for sustainable products that won't lead to environmental concerns or potential health hazards. Make smart choices and maintain a clean, healthy and shiny abode.

You can also hire experts for a quality end of lease cleaning Sydney if you are concerned about tough messes and stubborn stains. They bring eco-friendly products and use proven skills to perform a professional-level of house cleaning and transform dirty premises into sparkling glory.

Natural and chemical cleaning products have advantages and disadvantages. Homemakers must compare both options before making the final decision. It is always good to choose eco-friendly over chemicals for the sake of your family and the environment.

7. Conclusion

In conclusion, adopting sustainable practices in daily life is vital for Sydney's future. By making conscious choices, we can reduce our environmental impact, preserve the city's natural beauty, and create a more sustainable and resilient community. Together, we can ensure a greener, cleaner Sydney for generations to come.

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