

## Use chemical-free products

Many cleaning products we commonly use in our houses contain harmful ingredients. Natural household cleaners can be used with comparably successful results. Many of these break down harmlessly in the water and soil without damaging the environment. Natural household cleaners aren't only better for the environment, but also safer for your family.

### Look for products that:

- Don't contain hazardous, harsh chemicals.
- Contain no or low levels of phosphate. Phosphates can have detrimental impacts on waterways and contribute to algae growth.
- Contain no or low levels of chemical irritants which may affect skin and eyes.
- Are biodegradable, resulting in less impacts to the environment.
- Contain no or low Volatile Organic Compounds (VOCs) which contribute to indoor and outdoor air pollution.
- Do not contain anti-bacterial agents – while there is bad bacteria, there are also good bacteria which are beneficial to us. Anti-bacterial agents are not specific about which bacteria they target. This can have a detrimental effect on health as well as on the environment once the used product is released.

### Multipurpose cleaners

Mix 1/2 cup vinegar and 1/4 cup baking soda with two litres of water and use as a multi-purpose cleaner.

Mix 2/3 cup white vinegar, 1/3 cup water and 20 drops eucalyptus oil or tea tree oil and use in a spray bottle.

### Busting the myths

Buying genuinely green products doesn't have to be more expensive. Green products can work just as effectively as harsher chemical products.

### Sources and further information

Eco buy, "How to buy green cleaning products", [www.ecobuy.org.au](http://www.ecobuy.org.au)

Living Greener, "Hazardous household waste", [www.livinggreener.gov.au/waste](http://www.livinggreener.gov.au/waste)



**WATER**



**ENERGY**



**WASTE**



**WELLBEING**