



WHY ECO-FRIENDLY HOMES MATTER

ABSTRACT

Eco-friendly homes are becoming increasingly important in the modern world as concerns about climate change and sustainability grow. These homes are designed to reduce environmental impact by using energy-efficient materials, sustainable construction practices, and renewable energy sources. By adopting eco-friendly living, homeowners can lower their carbon footprint, reduce utility costs, and contribute to a healthier planet.

INTRODUCTION

With rising global temperatures and resource depletion, the need for sustainable living has never been greater. Eco-friendly homes offer a solution by incorporating energy-efficient designs, sustainable building materials, and green technologies. These homes not only benefit the environment but also provide financial savings and improved indoor air quality. Investing in an eco-friendly home is a step towards a more sustainable and responsible future.

I. What is Sustainability and Why is it Important?



These days, we're more aware of the planet and the precariousness of its health than ever before. Our focus has shifted away from fast fashion and quick food options in favor of a more environmentally responsible way of living. This article will explore the meaning of sustainability, how to achieve it, and its importance for future generations.

What is a simple definition of sustainability?

Sustainability involves fulfilling our human needs without compromising future generations' ability to do the same.

Along with natural resources, sustainability requires social and economic resources. Sustainability is not just environmentalism — it factors in economic development and social equity. Its primary goals include:

- Providing healthier environments for creatures that inhabit Earth's landmasses
- Providing healthier environments for creatures that live in our waterways and oceans
- Ensuring better quality of air
- Tackling climate change
- Reducing poverty and world hunger
- Bettering education standards and economic growth

What are the four types of sustainability?

The four pillars of sustainability include:

Environmental protection

For many people, this is the most important and urgent pillar of sustainability. Our heavy reliance on fossil fuels and our habit of consuming fast fashion and fast food results in millions of tons of landfill waste, harmful gases, and polluted waterways. Sustainability for the sake of environmental protection means doing things like walking short distances rather than driving, reducing one's intake of single-use plastics, eating less meat, and investing in better-quality clothing to reduce material waste.

Economic development

The inclusion of this pillar encourages corporations to develop sustainability plans. The economic pillar offers a more plausible alternative to sudden and extreme measures that corporations are often pressured into adopting. Abandoning fossil fuels immediately isn't an option, and the pillar of economic growth provides a counterbalance for this issue.

Social equity

This is perhaps the most multifaceted sustainability pillar, and it focuses on a wider view of the world. It encompasses global physical health and how it can be impacted by businesses' reliance on harmful fossil fuels. The social equity pillar also involves

education; where people are educated about their daily choices, they're more likely to live sustainably. Social cohesion, better health, and education all create a better chance of people working cooperatively toward a healthier planet. In this case, social equity focuses on globalization rather than individualism.



Human sustainability

This pillar ties in with the previous point in many ways. This pillar aims to improve human capital in society through access to nutrition education, knowledge and skills, and investments in health and education systems.

What are the 3 principles of sustainability?

There are 3 pillars of sustainability:

Economic development: This pillar encompasses businesses, corporations, organizations, jobs, and employment, making it the most problematic pillar for many. It asks governments to provide incentives to encourage businesses to develop more sustainable practices. It's about maintaining our quality of life without sacrificing the health of the planet.

Social development: This pillar is about making people more aware of what environmental harm does not just to the environment but to people and communities locally and throughout the world. It encourages better building practices, protecting public health, and educating people on why we should live more sustainable lives.

Environmental protection: This pillar is exactly what it sounds like: it's about educating people and encouraging private organizations to make better decisions that don't negatively impact the environment's health. It also encourages the development of renewable sources, better technology, and a greener future.

What are some examples of sustainability?

Renewable energy: Wind, solar, and geothermal energy are becoming increasingly common across the country, and now individuals and corporations are choosing renewable energy. Renewable energy sources are sustainable, environmentally friendly, better for public health, and usually offer more stable prices. Renewables provide an inexhaustible energy supply, unlike fossil fuels that are not only damaging but finite. (To find out how we can help you switch to renewable energy, [click here.](#))

Green spaces: Green spaces help to regulate and improve air quality, particularly in urban areas. When done properly, landscaping can reduce nitrate leaching from the soil into the water, keeping pollutants out of city water supplies. An abundance of plants keeps soil in place, ensuring that sediment doesn't enter roads, drains, lakes, and streams.



Water treatment: Because water is a natural resource, we often take it for granted. But water treatment takes hazardous oily water, water-based acids, and other water-based industrial wastes and converts them into clean water. This treated water can then serve our industrial and residential water needs. By processing this type of

waste in our operations, we can keep this waste out of landfills, eliminating our need to purchase clean water.

Crop rotation: This is the practice of planting several different crop types on the same plot of land over successive seasons. Farmers do this because when the same plant is grown on the same land for several years, the soil loses certain nutrients. Crop rotation reduces the risk of nitrate, improves soil structure, and reduces greenhouse gas emissions, soil erosion, and water pollution.

These are just some examples of sustainable corporate practices, but there are also plenty of ways to live more sustainably as individuals. By being more aware of our intake of plastic, red meat, water, and gas, we can move toward a more environmentally responsible lifestyle.

What are the benefits of sustainability?

Sustainability provides countless benefits to businesses and individuals. As individuals, there are always changes we can make to live more sustainably while saving money. Things like repurposing, recycling, and reusing items at home can provide easy, sensible, and environmentally responsible options.

Sustainability goes beyond what we do with the items we already own. Purchasing sensibly often means only buying what we need, and when we do, investing in higher-quality, longer-lasting products.

Sustainability also increases public health, saving money on healthcare each year. It focuses on providing for future generations rather than thinking solely about the fast-paced lives of people today.

How does sustainability help the environment?

Sustainability doesn't just help the environment: it's vital to the future of the planet. Sustainability from individuals, communities, and corporations allows us to slow down the damage we do to the environment.

Sustainability results in a reduction in energy use across the board. Wind power and solar energy don't require as much transport as fossil fuels, and both options leave the surrounding areas relatively untouched.

Living and running businesses sustainably mean less waste, less pollution, and an overall reduction in operating costs.

What will happen if we don't live sustainably?

We cannot maintain our quality of life or Earth's ecosystems unless we acknowledge and reduce the damage we do to the planet each day. If we don't learn to live sustainably, some of the effects will be:

- More landfills popping up everywhere.

- More animals going extinct due to deforestation and pollution.
- An increase in respiratory diseases.
- Harsher weather (drier and hotter summers, colder and harsher winters, more tropical storms).
- Rising sea levels.
- Worsening living conditions for lower-income communities, as there is more trash, worse air, and so on.
- Declining soil quality, and likely the reduced nutritional quality of our food.
- Fewer green spaces to enjoy in cities and across the world.

By living sustainably, we minimize the negative impact our lifestyles have on the planet and emphasize the behaviors that benefit the environment. Sustainability offers us a chance to take some control over our lifestyles and make healthier choices for our planet and future generations. It provides us an opportunity to accelerate our global transition to a net-zero carbon future and move toward cleaner energy sources.

Building a sustainable future

While much environmental damage has already been done, change is still possible. The root of that positive change lies in understanding what we must do from now on and striving for sustainability. We can make these changes in our homes, communities, ecosystems, and globally. It's the responsibility of each generation to responsibly use natural resources, ensuring that the planet is left as untouched and undamaged as possible, and what is changed is done in harmony with the environment.



Thankfully, there are several ways we can live sustainably without making dramatic and uncomfortable life changes. One easy, cost-effective and healthy way we can change our sustainability level is by switching to renewable energy companies. Installing solar panels or building a community wind turbine is not always possible, but switching to a renewable energy company is an easy and effective way to live more sustainably.

II. Eco-friendly homes: Where green matters

Eco-friendly homes, often referred to as green or sustainable homes, are designed and constructed with the environment in mind.



Here's why green homes matter:

In today's progressive world, there is a rapid increase in awareness of the climate change effects and environmental consciousness. Eco-friendly or sustainable way of life is the buzzword and there is a drastic shift in how everyone looks forward to living their lives. The concept of eco-friendly or green homes has gained unprecedented importance. People are now realizing that the choices they make in building, operating and maintaining their homes can have a significant impact on the environment. These sustainable homes not only reduce our carbon footprint but also offer a healthier and more economical way of living.

Eco-friendly homes, often referred to as green or sustainable homes, are designed and constructed with the environment in mind. Their key features include energy efficiency, responsible resource usage, minimal waste generation, and the use of renewable materials. These homes aim to reduce their environmental impact while providing comfortable living spaces. Here's why green homes matter:

Reduced Energy Consumption

Eco-friendly homes are built to be energy-efficient, meaning they consume less energy than conventional homes. They incorporate insulation, double-glazed windows, and energy-efficient appliances, reducing the need for heating and cooling. This not only reduces energy bills but also decreases greenhouse gas emissions, making a substantial contribution to combat climate change.

Renewable Energy

Green homes often incorporate renewable energy sources, such as solar panels and wind turbines. By generating their own electricity, they reduce their reliance on fossil

fuels, further decreasing their carbon footprint. Even the energy needs of the local communities are sometimes met by the renewable energy generated. This is a significant step toward a sustainable future where green energy sources are prioritized.

Water Efficiency

Sustainable homes use water-saving fixtures and appliances, reducing water consumption. They also often incorporate rainwater harvesting systems and greywater recycling, further decreasing their environmental impact and conserving this precious resource.

Reduced Waste

During construction, eco-friendly homes aim to minimize waste by recycling and reusing materials. Some such homes are constructed by using recycled materials which include bricks, and doors etc taken from old demolished places. This not only reduces the environmental impact of construction but also showcases the importance of responsible resource management. Besides, in these homes waste generated is separated into different bins so that minimum waste goes to the landfills. They also make compost of the green waste.

Improved Indoor Air Quality

Green homes are designed with the health of the occupants in mind. They utilize non-toxic building materials, such as low-VOC paints and formaldehyde-free cabinets. Green homes have adequate air purifying plants such as snake palm, areca palms, spider plants etc, which not only produce oxygen but also clean the air.

Natural Ventilation and Daylight

Eco-friendly homes often incorporate design elements that maximize natural ventilation and daylight. This not only reduces the need for artificial lighting and cooling but also creates a more comfortable and inviting living space.

Enhanced Resilience

As climate change brings more extreme weather events, eco-friendly homes are often built to be more resilient. This can include reinforced structures, hurricane-resistant windows, and other features that help homes withstand the impact of severe weather.

Lower Operating Costs

While the initial investment in eco-friendly homes might be slightly higher, the long-term operational costs are significantly lower. Reduced energy and water bills, along with the durability of sustainable materials, can result in substantial savings over time.

Increase in Awareness

As people are more and more shifting towards sustainable housing, the collaboration between the developers and organizations like NGOs, government agencies promote platforms to share ideas, techniques, knowledge, financial subsidies and policies that support eco-friendly homes. Training workshops and certificate programs are advocated to make the real estate industry more efficient towards environment friendly development.

Market Value

Green homes have a higher market value and tend to appreciate more rapidly than conventional homes. They are also in increasing demand, making them a wise investment for the future.

Lead by Example

By choosing eco-friendly homes, individuals and communities send a powerful message that they care about the environment. This encourages others to follow suit and creates a ripple effect towards more sustainable living practices.

Eco-friendly homes are a critical component of our efforts to combat climate change and create a more sustainable future. These homes embody the principle of “where green matters” by reducing energy consumption, carbon footprints, water usage, and waste generation. Living in eco-friendly homes and using sustainable home products in our daily lives is the right way to contribute to making our Earth a toxic-free place.

III. How To Make Your New Home More Eco-Friendly

According to official reports, an average Australian household consumes around 6570 Kilowatts (KW) of electricity per hour. This huge energy consumption is not only adding to your carbon footprint but also causing environmental problems like deforestation, global warming and climate change. Thus, it is necessary to make your home more sustainable by adopting energy-saving and environmentally friendly practices.



You can use these practices when you are moving into a new home so that you can design your home to save energy and also choose appliances and furniture that are eco-friendly. Here are some important ways you can make your new home more eco-friendly:

1. Design Your Home To Include Ventilation And Light

The first step you can take while your removalists Newcastle help pack up and load your belongings from your old home is to design your new home with sustainable features. You can include a roof garden with rainwater harvesting to catch and reuse rainwater and help in water conservation.

You can also build a terrace and a garden wall to cool down the temperatures in your home and reduce the usage of heating and cooling devices due to natural ventilation.

2. Use Secondhand And Reusable Furniture Items

You can avoid buying new furniture and use more secondhand items when arranging your new home. This will reduce the mass production and consumption of new goods and resources and help save on greenhouse gas emissions.

You can also upcycle your furniture instead of throwing it in a landfill, where it will decompose and affect the marine and land ecosystems. Find ways to repaint,

redesign, and add new decorative elements to your existing furniture to upcycle them.

3. Install Energy-Efficient Appliances And Check The Rating

Another step to make your new home eco-friendlier is to use energy-efficient appliances with a high star rating. These appliances with a high energy star rating consume less energy than other appliances of the same weight. You can also check the electrical consumption given on the appliances and choose one that uses less electricity per year.

4. Monitor Your Energy Consumption With A Smart Meter

Another great way to save energy in your new home and make it more sustainable is by installing a smart meter. A smart meter will automatically calculate and display your electricity consumption and help you see where you use energy most.

You can use this smart meter to monitor and reduce your electric consumption, such as turning off appliances when not in use or using your heater and air conditioning less.

Tip:

Here are some useful tips to help you safely move and set up electronics in your new home.

5. Switch To Solar Panels For Your New Home

One of the best ways to become more sustainable and eco-friendly is to install solar panels on your rooftop. These solar panels will trap the sun's energy and convert it into electricity for your home. You can even get solar battery-powered panels that store this energy in the battery and then use it in the evening and night.



While installing these solar panels might cause you a little extra initially, they will help you save huge amounts on your energy bills in the long run.

6. Create A Cleaning Caddy With DIY Solutions

While your removalists in Newcastle unpack and reassemble your furniture, you should give your new home a good sweep. But traditional chemical cleaners leave toxic residues and end up in landfills, harming the ecosystem.

You can reduce this wastage by switching to more natural and DIY cleaners like baking soda and vinegar that are safe to use and help sparkle up your home.

7. Replace Plastic With Bamboo And Glass Alternatives

You can also make your home more sustainable by replacing all single-use plastic products with eco-friendly options like glass and bamboo. For instance, you can replace plastic straws with reusable glass and metal straws.

You can even use old glass coffee jars and steel tins to store your items and avoid buying plastic containers that take years to decompose in landfills.

Tip:

Here are helpful tips for reading plastic signals so that you can now understand what can be recycled and what is single-use.

8. Set Up A Compost Pit In Your Garden

Lastly, you can reduce the carbon footprint of your new home by setting up a compost pit in your garden. Let your professional removalists in Newcastle unload your belongings while you create a compost pit and add all your organic and food waste.

If your home does not have a garden, you can ask your local authorities about composting pits nearby where you can contribute your organic and food waste.

Some Additional Tips

- Use low-flow showerheads and faucets to conserve water.
- Switch to energy-efficient lighting like LED and CFL bulbs.
- Wash your clothes at 30 degrees Celsius to save energy.
- Insulate your home properly to prevent heat from escaping.

Tip:

If you are still in the process of moving homes, here are some eco-friendly tips for your relocation.



Using the above tips, you can make your new home in Newcastle eco-friendly and sustainable and help reduce global warming and greenhouse gas emissions. You should use more natural light sources in your home and install smart meters to monitor your energy consumption.

IV. Easy natural and eco-friendly cleaning hacks that actually work

When you purchase through links on our site, we may earn an affiliate commission. Here's how it works.



No one wants to spend more time cleaning. But if you're considering swapping out your go-to cleaning hacks and supplies for more eco-friendly ways, you might assume it's going to take way more effort. Luckily, that's not the case with these natural cleaning hacks.

Let's be honest, reaching for a pre-made cleaning spray is easy, and not to mention super convenient. Especially when it's designed to specifically target the exact task you want to tackle. The truth is, cleaning your home with heavy chemicals does more than just kill bacteria and blast through grime, it can also damage the environment and could impact you and your pets' health.

In brighter news, there are a whole host of natural and eco-friendly cleaning products out there, but if you'd rather use stuff you already have in your kitchen, then keep reading. Lots of these eco-friendly cleaning hacks can be found on #CleanTok meaning they're sure to make keeping your home clean and smelling fresh easier.

1. Remove burn marks with onion

It might sound kind of odd but hear me out on this one. There's an enzyme in onions that — when it reacts with oxygen — creates an acid that can be used to dissolve grease and grime. For best results, cut the onion in half, gently heat it up, and then

use the cut side of the onion to rub over any marks. The acid will quickly remove any stains.

2. Shine pans with rhubarb

Noticed that your pots and pans have taken on a rusty hue or lost their shine? All you need to do is slice up some rhubarb and simmer it in the pan with a little water. As the rhubarb heats up the oxalic acid within the fruit lifts stains, leaving your pans looking shinier than ever.

3. Clean your shower screen with lemon and a little salt

Sick of your shower screen looking grimy? A great natural way to tackle water stains and remove areas of built-up limescale is to use lemon and salt. Simply slice a lemon in half, dip the cut side into a bowl of salt, and then use the lemon and salt combination to buff the shower screen. I've tried this myself and it really works.

4. Clean windows (and mirrors) with vinegar

For cleaning your windows, vinegar is a well-known hack that works super well. For best results, pick up a bottle of white vinegar (this white vinegar from Heinz that's available at Amazon is our go-to) and decant a small amount into a spray bottle (like this Hula Home bottle from Amazon), so that you can spritz your windows with vinegar more easily, before buffing away the grime with a soft microfiber cloth.

5. Use lemon and baking soda to get your sink sparkling

This is a hack that I use day in, day out and absolutely love for cleaning the sink, deodorizing it, and making it seriously shiny. Simply sprinkle baking soda (this Arm & Hammer baking soda from Amazon is what we always like to recommend) around your sink, slice a lemon in half, and use the cut side of it to buff the baking soda around the sink. Leave to sit for a couple of minutes, and then wash away, and your sink should be sparkling.

6. Swap out regular sponges for biodegradable ones

Instead of using regular foam sponges to clean, opt to replace them with a more eco-friendly alternative (like these Airnex eco sponges from Amazon). Both coconut and walnut fiber sponges are biodegradable, affordable, and — get this — actually more effective at cleaning, particularly when dealing with crusty pots and pans.

7. Use grapefruit to clean the bath and shower

You know the lemon and baking soda sink hack above? Well, for cleaning your bath and shower, all you need to do is swap the lemons for grapefruits and you can achieve the same super shiny (and not to mention wonderfully fresh and clean) results.

8. Remove limescale with white vinegar

Noticed a build-up of limescale that you want to get rid of? For a more natural approach to removing it, fill a spray bottle with a mixture of half water and half white vinegar, wrap a paper towel around the affected area, and spray it with the vinegar and water solution until saturated.

9. Clean your microwave with lemon and vinegar

For deep cleaning your microwave without the use of a chemical-based spray, slice a lemon, squeeze some of the juice into a bowl filled with half water and half white vinegar, and then microwave for three to five minutes — or until the solution is steaming hot. Keep the door closed for a further five minutes to allow the steam to loosen any built-up grime, before wiping out the microwave with a microfiber cloth.

10. Use baking soda to deodorize your garbage can

If your kitchen trash can has developed a stench, this is the hack you need. Simply fill the container with hot water and a cup of baking soda, leave it to soak overnight, and by the morning it should smell fresher.

V. The Health Benefits of a Sustainable Home for You and Your Family

In today's rapidly evolving world, sustainability isn't just about environmental responsibility—it's about improving our daily lives and enhancing the health of our families. A sustainable home plan offers a holistic approach to living, focusing not only on eco-friendly practices but also on creating a healthier and more fulfilling lifestyle. Let's explore how sustainable home plans contribute to the well-being of you and your family, and how you can integrate these principles into your custom home or renovation.



Sustainable Homes: More Than Just Eco-Friendly

A sustainable home is not only designed to reduce your carbon footprint but also to improve your health and well-being. While environmental benefits like energy efficiency and resource conservation are critical, the health advantages are just as significant. From clean indoor air to thoughtfully designed spaces, sustainable homes offer a range of wellness benefits that make a lasting impact on your family's quality of life.

6 Ways a sustainable home can boost your family's health and well-being

1. Natural Light and Fresh Air

Sustainable homes are designed to make the most of natural light and fresh air, incorporating large windows and cross-ventilation to reduce the need for artificial lighting and climate control. Natural light has been shown to improve mood and productivity, while fresh air circulation reduces humidity and allergens, creating a healthier atmosphere inside the home.

This can be implemented into your build by using energy-efficient windows such as double glazed glass and strategic layouts that maximise natural light and ventilation. This not only enhances the home's aesthetics but also boosts the mental and physical well-being of your family.

2. Reduced Energy Consumption

Sustainable homes are built to minimise energy consumption through features like insulation, energy-efficient appliances, and solar panels. By reducing reliance on non-renewable energy, you help reduce emissions of pollutants and greenhouse gases, creating a cleaner, healthier environment both inside and outside the home.

3. Well-Designed Spaces

Sustainable homes prioritise the efficient use of space, resulting in designs that balance functionality and flow. As a committed Hawkesbury builder, we emphasise open-plan living areas in our layouts, which not only enhance the sense of spaciousness but also foster a calm, stress-reducing environment—ultimately improving mental well-being.

4. A Connection to Nature

Incorporating nature into the design of your home has profound health benefits. Sustainable homes often feature green spaces, gardens, or integrated living spaces that flow to outdoor patios/decks, creating opportunities to connect with nature without leaving your property. The stunning natural surroundings of the Hawkesbury,

with its lush bushland, tranquil wetlands and river views, provide a perfect backdrop for these designs.



These spaces not only enhance the visual appeal of your home but also offer a sanctuary for relaxation and connection to reduce stress, improve mood, and promote overall mental health.

5. Improved Sleep Quality

Noise-reducing features and eco-friendly design choices, such as blackout blinds and sound insulation, contribute to better sleep quality. A good night's rest is crucial for overall health, and sustainable homes create the ideal conditions for restful sleep.

6. Reduced Stress Levels

A well-designed, sustainable home with ample natural light, fresh air, and green spaces provides a calm and inviting environment. Living in a space that feels open, airy, and connected to nature can significantly reduce stress and foster relaxation.

Focusing on creating spaces that feel harmonious and serene, using natural materials, biophilic design elements, and open layouts to cultivate a stress-free living environment for your family.

CONCLUSION

Eco-friendly homes play a crucial role in addressing environmental challenges and promoting sustainable living. By reducing energy consumption, minimizing waste, and utilizing renewable resources, they offer long-term benefits for both homeowners and the planet. As awareness grows, the shift towards eco-friendly housing will continue to shape a greener, more sustainable future for generations to come.

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