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# *Eco-Friendly Home Checklist*

A Room-By-Room Guide for  
an Eco-Conscious Home

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# Why Go Green?

Creating an eco-friendly home is something that most people strive for these days. From cutting back on waste, to switching to chemical-free cleaners, it's becoming more and more mainstream to "go-green." And what a wonderful thing that is! The only way we can clean up our environment and preserve it for future generations is to take action. Changing our daily habits little by little will add up to make a HUGE impact.

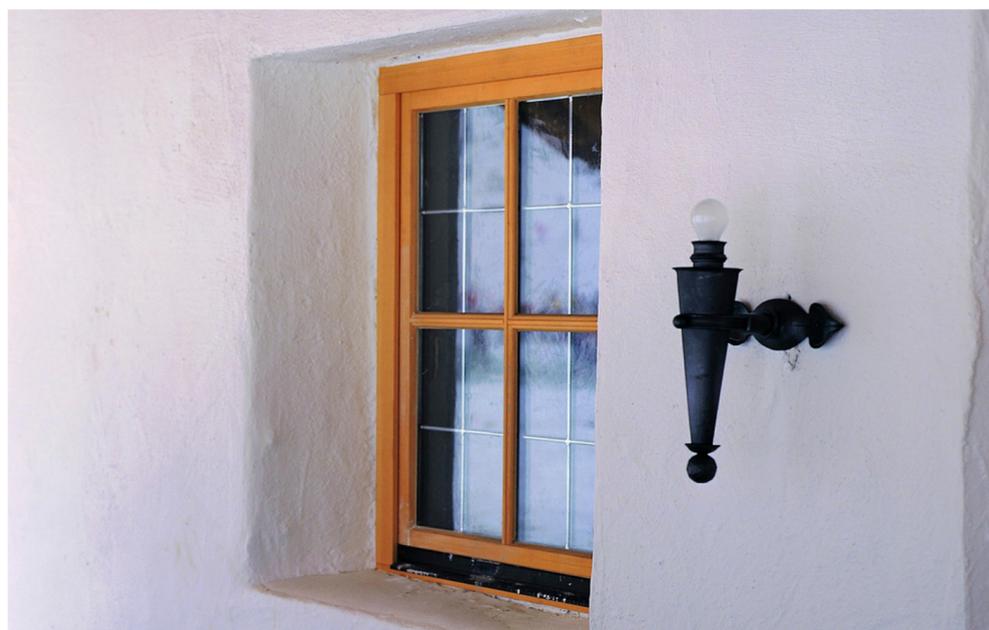
But how exactly can you make the transition? In this guide, I'll give you ideas of changes to make in each room that will get you started on your sustainable journey. Keep reading to find out more!



# Room-By-Room

## HOUSEHOLD

- Shut off the air! In the summer time, use fans instead of the air conditioner. In the winter, use a blanket or space heater! These swaps are good for the environment, and your energy bill.
- Invest in quality windows and blinds. While this requires a good chunk of change, it can make a big impact on the energy efficiency of your home.
- Plant a garden!
- Swap out those incandescent light bulbs for the energy saving alternatives.
- Turn off the lights! Every time you leave a room, make sure you flip the switch to save some energy.
- Shop resale: This is huge especially when moving into a new home. Any time you can buy an item pre-owned, you're saving the resources that would have been used to make a new item. Resale shopping also prevents items from entering the landfill before their time has come.
- Say NO to plastic! Whenever possible, opt for glass or metal packaging over plastic. Then, make sure to recycle everything you can.
- Unplug: Disconnecting appliances and chargers from the wall when not in use can decrease energy usage and make for a more eco-friendly home.



# KITCHEN

- Compost: This is one of the greatest things you can do to start reducing your footprint. Food waste does not biodegrade in the landfill, instead it continues emitting greenhouse gasses for years. Turn those veggie scraps back into nutrient rich compost for your garden!
- Hand-wash the dishes
- Opt for biodegradable sponges
- Swap your paper towels for cloth napkins
- Choose biodegradable dish soap, floor cleaners, counter sprays, and more! Better yet, make your own for even more benefits!
- Reusable containers: This includes food storage containers, water bottles, and travel mugs!
- Plant based meals: One of the biggest things you can do for the environment is to eat less meat. The meat industry produces TONS of greenhouse gasses, requires enormous amounts of land, and feeds valuable resources to the livestock. Cut out the meat, and the environment will thank you!
- Eliminate single use EVERYTHING: This means straws, plastic utensils, chopsticks, plates, cups, etc..



# BATHROOM

- Switch to biodegradable cleaners
- Limit shower times
- Have the kids share a bath- save water!
- Buy bath products in bulk
- Invest in a bidet, save on toilet paper
- Make the switch to reusable feminine products: Menstrual cups, cotton pads, Thinx panties
- Buy sustainable beauty products
- If its yellow let it mellow, if its brown flush it down! (I couldn't help myself, I had to include this!)



# LAUNDRY ROOM

- Limit Washing: Only washing when needed, not just after one use, can save energy and water.
- Switch to biodegradable laundry detergent
- Buy detergents in bulk and refill bottles at soap refill stations.
- Ditch the dryer sheet and opt for reusable wool balls to eliminate static.





## KIDS ROOM

- If you have a baby or toddler, the best thing you can do to create a more eco-friendly home is to use cloth diapers. This can eliminate SO much waste from entering the landfill.
- Limit screen time: Not only will this save on energy, but getting kids outdoors to play grows their love for the environment. Raising kids that appreciate and respect the environment is so important in creating an eco-friendly world.
- Hand-me-downs: Whenever possible, reuse baby and kids items over and over. They outgrow clothes and toys so quickly, and these items typically have so much use left! So reuse or resell everything, and prevent it from entering the landfill before its time.
- Eco-Friendly Activities: A quick search on Pinterest will give you so many ideas for entertaining those little ones with eco-friendly, non-toxic activities. Give it a try!