

Natural, Eco-Friendly Ways to Clean Your Home

By Jackie Waters, hyper-tidy.com



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Everyone loves a spotless, tidy home. When it comes to keeping things clean, most of us use the same cleaning products over and over without pausing to consider their ingredients. Unfortunately, [experts say](#) many of the most common household cleaners contain toxic chemical ingredients that not only harm the environment, but could also cause health problems ranging from allergies to cancer. Luckily, there are many toxin-free [alternatives](#) for keeping your home clean. By switching to eco-friendly cleaning products or making your own DIY solutions at home from all-natural ingredients, you can eliminate odors and stains without hurting your health, the environment, or your wallet.

Here are some safe, eco-friendly tips for cleaning your home:

Reducing Air Pollutants

When most people think of cleaning their home, they consider cleaning the visible surfaces, like floors and countertops. However, there are also hidden contaminants like airborne bacteria, allergens, and pollutants lurking in your home's air. Air filters help clean your air so your family can breathe with ease.

Always look at the MERV rating of the air filter before making a purchase. The higher the rating, the better job it does at filtering out particles. For maximum filtration, MERV 13 air filters catch up to [98 percent](#) of pollutants and allergens, from pet dander to mold. In addition to boosting your HVAC performance, MERV 13 air filters are commonly used in commercial businesses, like smoke lounges, so they're powerful enough to eliminate harmful contaminants from the air within your home.

After choosing an air filter, you'll also want to keep your home's air clean by [regularly changing](#) your filters. Every two to three months is the average lifespan of a filter, though if you have pets it should be once a month. Of course, replacing filters this frequently can eat into your household budget, which is why it's important to find online deals whenever possible. A [Walmart promo code](#) or cashback offer, for example, can alleviate some of that financial stress.

Avoid Chemicals

You should also maximize your cleaning efforts to maintain a clean and healthy environment for everyone in the household. Cleaning frequently and using safe, natural products will be physically and mentally healthier for everyone in your home.

When choosing cleaning products, try to stick with chemical-free cleaners. Look for words you recognize, not long scientific names, and try to avoid harmful ingredients like bleach or ammonia. You might even mix up [a DIY solution](#) using items from your pantry. Vinegar, vegetable oil, lemon juice, and many essential oils remove odors and help clean surfaces.

Staying Clutter-free

A cluttered, dirty home is an anxiety-inducing eyesore. Keeping your home neatly-organized helps keep clutter to a minimum, making your home easier to clean. If you're new to the idea of reducing clutter or if you're struggling to tidy up your house, here are three popular strategies that might help you:

- **KonMari Method** - If you've heard any of your friends mention Japanese cleaner, Marie Kondo, you've probably heard rave reviews of Kondo's famous KonMari Method of tidying up. To reduce clutter, Kondo [recommends](#) reducing the number of items you own and finding joyful, organized ways to store your remaining belongings in your home.
- **Minimalism** - By now, most people have heard of the recent minimalist trend to downsize and declutter your belongings. You might start by selling or donating items you no longer need or use. If you're interested in living with fewer belongings, [this resource](#) links to beginner-friendly podcasts, documentaries, books, and communities to help you get started.
- **Project 333** - Because clothing choices have a huge environmental impact, you can make a difference by reducing the amount of clothing you own. With Project 333, [you'll wear](#) 33 items, like clothing, jewelry, or accessories, for the next three months. As an added benefit of downsizing your wardrobe, you'll spend less time and money on laundry.

When you're cleaning out your home and ditching the clutter, it's important to understand what you can recycle. The Northeast Kingdom Waste Management District offers a [comprehensive guide](#) to what you can safely recycle.

Feel Healthier and Happier

Changing your home cleaning routine is easy. Simple modifications provide a sense of peace and calm while helping keep your home spic-and-span. With minimal effort, you can transition from harmful chemical cleaners to eco-friendly cleaning products. These products are safe, effective, and affordable. To make a significant impact, you can [reduce](#) the number of your belongings to help declutter your home. You'll have fewer items to clean, and you'll simultaneously reduce your carbon footprint. Best of all, you'll feel great about cleaning your house when you have the extra reassurance that you're helping the environment and your health too.