

## SAMPLES FROM THE ARTICLES

### **Green Cleaning Tips**

Many cleaning tasks that we take for granted, such as washing the dishes, doing the laundry, cleaning the windows or polishing the furniture often involve harsh chemicals. These are bad for both the environment as a whole and for your personal environment - your home. Toxic chemicals can cause health problems for humans and pets. When you wash them down the drain or throw them outside, they become part of our land and water. Here are some green cleaning tips to help make your cleaning jobs more eco-friendly.

\*\* Baking soda makes a great natural and inexpensive cleaning product. You can clean floors, walls, refrigerators and counter tops with a warm, damp rag and some baking soda.

\*\* Want to make your house smell nicer without harsh air fresheners? Try aromatherapy. Essential oils can be diffused into a room. The great thing about this is that you have a vast selection of scents to choose from. Each has its own particular effects on mood. Of course, you don't have to follow an aromatherapy guide, you can simply follow your nose and use what pleases you. You can try rose, various citrus blends, peppermint, lavender, and eucalyptus for starters.

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### **Teaching Kids Recycling**

If you are concerned about the environment, it's especially important to raise the next generation with a healthy attitude on this matter. Teaching kids about recycling and how to appreciate the environment does not have to be difficult. Here are some tips to help you raise your kids to be dedicated recyclers!

#### 1. Start Them Young

If children learn to recycle everything as soon as they are old enough to understand the concept, it will quickly become second nature to them. Many adults have to train themselves towards this idea, because we may not have been raised that way. You can make it easier for your kids by showing them at an early age that everything should be recycled (and explaining why).

#### 2. Make It Simple

It's easier to teach kids about recycling if it's something they can easily understand. While there are many important theories behind this, for kids the main thing is to give them simple tasks they can get into the habit of performing. By having clearly marked boxes or bags at home, your children can easily get into the habit of recycling.

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## **How To Make Your House A Green Home**

Are you seeking a "greener" lifestyle, or wondering how to make your house a green home? More and more people are becoming aware of the need for everyone to pitch in and help with our environmental issues. By following some simple steps, you can do your share in creating a healthier planet.

### 1. Recycle As Much As Possible

Recycling is becoming popular, but many people still do not recycle as much as they could. If you have conveniently labeled boxes or bags to place recyclable items, it will become an easy habit to maintain.

### 2. Turn the Heat Down

If you live in a place with cold winters, you may be able to turn the heat down a few degrees without sacrificing much comfort. Many people turn the heat up high enough so that they are comfortable in a t-shirt. If you can just get into the habit of wearing long sleeves, you can save on energy.

### 3. Easy On the Air Conditioning

The same is true for air conditioning in the summer. In many cases, having a couple of exhaust fans in the window will cool the room nicely. Save air conditioning for truly sweltering days.

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