

# **SUSTAINABLE HOME TRENDS** **FOR ECO-CONSCIOUS** **HOMEOWNERS**



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## Abstract

As environmental concerns continue to rise, eco-conscious homeowners are increasingly embracing sustainable living practices within their homes. This article explores the latest trends in sustainable home design, construction, and lifestyle choices that promote energy efficiency, waste reduction, and a smaller carbon footprint. From the use of recycled and renewable materials to smart home technologies that optimize energy consumption, these trends not only support environmental preservation but also offer long-term cost savings. Whether building a new home or upgrading an existing one, these sustainable solutions help homeowners in Perth align their living spaces with their environmental values, contributing to a greener future.



## 1. Introduction

In an age where climate change and environmental degradation are pressing global issues, more homeowners are choosing to adopt eco-friendly lifestyles, starting right where they live. Sustainable homes are no longer just a trend—they're a movement toward responsible living that benefits both the planet and future generations. By integrating green building materials, energy-efficient systems, and mindful interior design, eco-conscious homeowners can significantly reduce their environmental impact. This article delves into the most innovative and practical sustainable home trends that are shaping modern living, offering inspiration and guidance for those looking to make their homes more earth-friendly, efficient, and future-ready.

## 2. Make Your Home More Energy Efficient



### 5 simple ideas to save energy

As power prices rise, many of us are looking for ways to use less energy at home.

The good news is there are many simple, no-cost things you can do right now. By trying some of these ideas and making a few changes to everyday habits, you could save money and help the environment without sacrificing comfort.

#### Minimising hot water use

Hot water is responsible for around 25% of the average household energy bill. Ways to reduce this include:

- washing clothes in cold water and waiting until there is a full load
- only running the dishwasher when it's full
- fitting a low-flow showerhead (it will pay for itself in no time)
- keeping showers short.

#### Choosing efficient appliances

Household appliances can account for up to one third of your energy bill.

If you're buying a new fridge, freezer, television, washing machine, clothes dryer, dishwasher or air-conditioner, look for the Energy Rating Label.

High star-rated models can cost a little more, but choosing a cheaper less energy-efficient product could end up costing more in the long run. This is because running costs over the product's lifetime can add up to more than any savings made on the original purchase price.

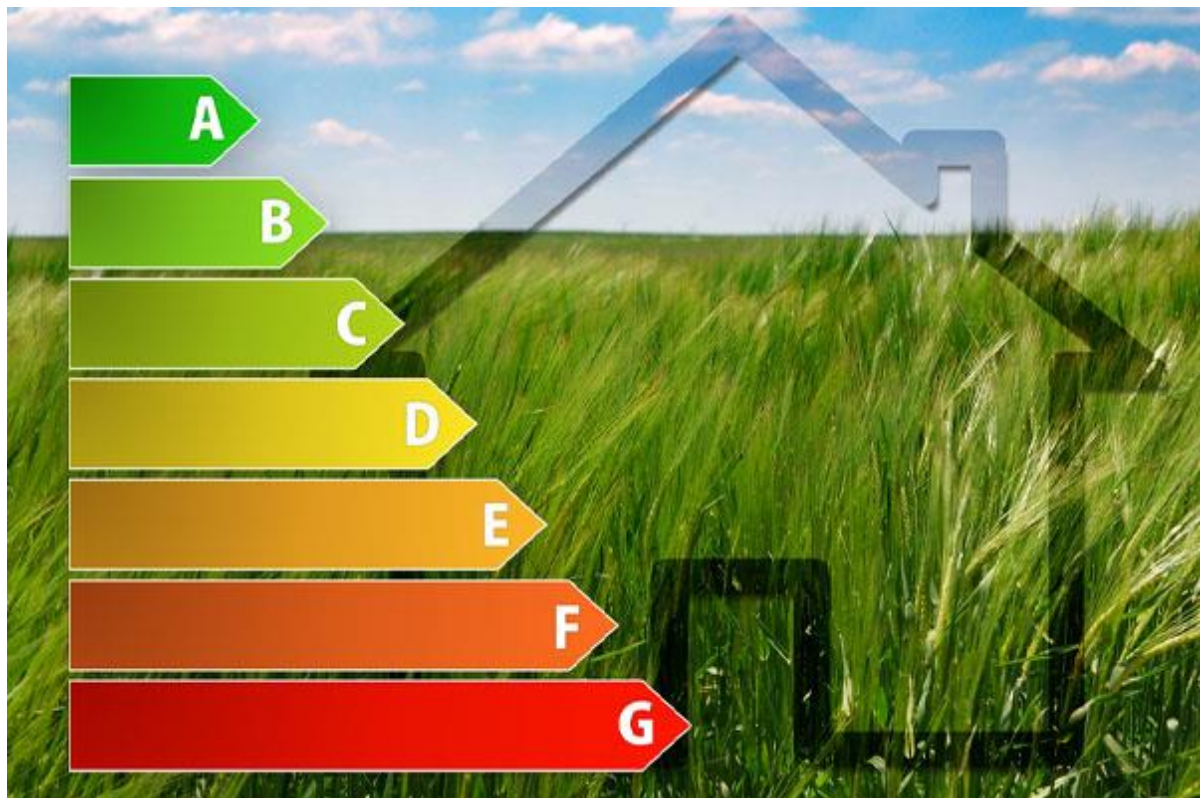
### **Using appliances wisely**

'Standby power' used by products like microwaves, televisions and gaming consoles can account for 10% of your electricity bill. If it's got a little light or clock, it's using power.

Running costs can be reduced by:

- turning off appliances at the wall when they are not in use
- getting rid of any additional fridges and freezers that are not needed
- drying clothes on the line rather than the dryer.

### **Heating and cooling efficiently**





For each degree heating or cooling is increased, energy use will increase by about 5% to 10%.

To keep your bills in control, think about setting your heating thermostat to 18 to 20°C in winter and to 25 to 27°C in summer.

You can make the most of the energy you're using by closing internal doors and only heating or cooling the rooms you're using.

### **Draught-proofing your home**

Draught-proofing is a cheap and easy way to keep your home comfortable and save up to a quarter of your heating and cooling costs.

Sealing gaps around doors, floors, windows and skirting boards, and using a sand-filled or fabric 'sausage' draught-stopper are 'do-it-yourself' options.

## **3. Save More Water**



### **Understanding water use**

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment.

Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home in Perth uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use, often for very little cost. Lots of water utilities have calculators on their websites that allow you to work out how much water you should be using to be considered water efficient.

This page focuses on reducing water use inside the home. Reducing water use outdoors can also have a significant impact.

The WELS label star rating shows a product's water efficiency rating. Products that must display the rating include taps, showers, toilets, dishwashers, washing machines and flow controllers. Labels for different product categories vary slightly, but all show 2 key pieces of information:

#### **the WELS star rating**

- the stars indicate water efficiency: the more stars, the greater the water efficiency
- the water consumption or flow figures
- the average water consumption per use (dishwashers, washing machines and toilets)
- the average water flow per minute (taps, showers and flow controllers).

#### **Reducing water use**

There are many ways that you can save water around your home. The easiest is to choose water-efficient showers, toilets, taps, and appliances.

Consider upgrading your showers, taps and appliances even if they still work. Appliances that use less water and energy will save you money, and can quickly pay for themselves with lower energy and water costs.

Depending on where you live, you may be eligible for rebates, subsidies or free offers on some water-efficient or water-saving products. Check with your local government and water utility, or search for 'water' on the Australian Government energy website.

You should also check regularly for leaks or dripping taps around your home. Leaks are not always noticeable, but can end up wasting lots of water. The simplest way to check for leaks

is to look around your house. You can also compare your water bill each quarter to monitor for any rapid changes in usage. If you do not want to wait for your next water bill, you can check for leaks by taking a photo of your water meter before you go to bed and comparing it to the reading first thing in the morning. Most water utilities have information on how to check your meter and how to check your bills.

It is also important to consider your water use outdoors, which can be responsible for an average of 40% of a household's water use. This figure can be much greater if you have a pool, a sizeable garden, or live in a dry climate. For tips on how to reduce water demand outside the home, refer to Outdoor water use.

## **Showers**

The shower is one of the easiest and most cost-effective places to decrease water use:

Replace your shower with a water-efficient model. An inefficient shower can use between 15L and 25L of water every minute, whereas an efficient WELS 5 star rated one uses as little as 4.5L every minute, which can save a 2-person household at least \$160 annually on energy and water bills. The reduction in hot water means less energy is needed for water heating, which also reduces greenhouse gas emissions. Look for the water flow rate on the label. Fitting a water-efficient shower can take as little as 5 minutes for a plumber.

Install mixer taps in showers. They can reduce the potential for scalding and avoid water being wasted by running the shower while trying to get the right water temperature.

Buy a shower timer and aim to keep showers under 4 minutes. Spending less time in the shower saves water and money. Even with an efficient showerhead, spending 2 minutes less in the shower each day can save over \$30 per person per year.

## **Toilets**

You can reduce the amount of water used by your toilet:

Use the half-flush button when appropriate. If you have a single-flush toilet, update it with a dual-flush toilet or engage a plumber to adjust the flush volume. You can also adjust the flush volume yourself by inserting a water displacement device (purchased, or a plastic bottle filled with water) into the cistern, making sure it does not obstruct the mechanism. Do not use bricks because they can crumble and stop the system working properly.

Replace your toilet with an efficient dual-flush model. Replacing a 12L single-flush toilet with a 3/2L WELS 6-star toilet in a household of 4 people could save more than 60 000L of water a year.

Consider replacing your toilet with a waterless toilet. A range of models and types are available. They work with no odour and little maintenance while providing compost.

Fix leaking toilets immediately. A slow, barely visible leak can waste more than 4,000L a year. Visible, constant leaks can waste more than 96,000L. Check for leaks by placing a couple of drops of food colouring or dye into the cistern. If colour appears in the bowl within 15 minutes without flushing, then a leak exists and the system should be repaired.

### **Taps**



Simple measures can ensure your taps are not using more water than necessary:

Turn taps off when they are not being used. A running tap without a flow controller can use more than 16L of water a minute. By turning the tap off when you brush your teeth, you could save over 11,600L a year.

Fix leaks immediately. A tap leaking at the rate of one drip a second wastes more than 12,000L of water a year.

Do not over-tighten taps. It can wear the washer and cause leaks.

Install a flow regulator on existing kitchen and bathroom sink taps.



Ensure that all new taps are water efficient. Check the WELS star rating and choose 4 or 5 stars for bathroom basins and 3 or 4 stars for the kitchen sink.

If you do not need hot water, move the mixer tap all the way to the cold position rather than leaving it in the centre. Mixer taps can increase hot water use as they mix hot and cold water together in the centre position. Installing separate hot and cold taps in basins and sinks can avoid this.

### **Washing machines**

The laundry is a great place to reduce water consumption and is a potential source of water for your garden. Improve the efficiency of water use in the laundry by taking these steps:

Try to wash only full loads of laundry and use the economy cycle if you have one. Also use a water-saving setting or suds-saver function if your machine has one.

Adjust the water level on the machine, if you can, so it is appropriate for the size of load.

Consider upgrading to a WELS 5-star rated front-loading washing machine. Compared to a WELS 3-star rated washing machine, this can save 50L or more with every load and also uses less detergent, which is a further cost saving.

Divert the wash water from your laundry to other uses, such as flushing the toilet or watering the garden. Check with the local government to discover if this is allowed in your area, and make sure it is installed to comply with regulations (refer to Wastewater reuse).

### **Dishwashers**

Try these simple ways to use water more efficiently when washing dishes:

Do not rinse before washing. Scrape food remains off dishes and dispose of them in the compost or garbage bin rather than rinsing them away.

Try to fully load the dishwasher before using it, and use the economy cycle if you have one.

Consider upgrading to a WELS 5-star machine. Some of the most efficient dishwashers can use less than 1L per place setting, which is less water than many people use washing dishes by hand.

If you wash dishes by hand, always use a plug in the sink rather than letting the tap run continuously

### **Other water-saving tips**

Storage hot water systems release some water through a pressure release valve when they are heating water. Have a professional check the release valves on your water heater. The amount of water used can be minimised by setting the release rate to the minimum recommended by the manufacturer.

Evaporative air-conditioners drain off some water while in use to reduce the build-up of impurities. Ensure that the drain-off rate is set to the minimum required for the air-conditioner to work with your water supply. Make sure the air-conditioner is turned off when you go on holidays or you are not at home in Perth.

Avoid using in-sink waste disposal units. Such units use water when operating and also mix wastewater with food scraps. From an environmental viewpoint, well-managed home composting is the most favoured option for food waste disposal.

#### **4. Cleaning Tips For Environmentally Conscious Homeowners**



Eco-consciousness is not a passing trend popularised by climate change crusaders. It is the harsh reality of our world that is staring us in the face and asking us to take action. It is high time that every one of us plays a part in saving the environment from the harmful effects of emissions.

Many families are already contributing by switching to clean and renewable energy. In addition, they are ensuring that their activities do not leave a carbon footprint that can be damaging to the surroundings.

One of the easiest changes we can make in our day-to-day lives is opting for greenhouse cleaning. Whether you are doing regular wiping and mopping or vacate cleaning in Perth, use eco-friendly ways to reduce pollution. Here is a list of cleaning tips for environmentally conscious homeowners in Perth that provide effective results. These strategies drive away dirt and grease while creating a hygienic living space.

### **1. Reuse Cleaning Supplies**

Sustainable living involves three principles: reduce, reuse, and recycle. Thus, homeowners in Perth should avoid using single-use cleaning supplies like paper towels. These must be replaced with microfiber cloths and towels that can be washed and reused for the next clean-up. Homeowners can show their innovation and create cleaning tools from old items, such as repurposing an old toothbrush for cleaning grout lines in the bathrooms or air vents.

All plastic cleaning supplies must be replaced with biodegradable products, such as glass spray bottles instead of plastic bottles and biodegradable rubber gloves instead of plastic sponges. Garbage bags should also be made from biodegradable plastic.

### **2. Opt for Non-Toxic Cleaners**



Store-bought commercial cleaning solutions are loaded with harsh chemicals that are harmful not only to the environment but also to family members. Whether it is toilet, drain,



and floor cleaners or degreasers, every cleaning product contains toxic substances that pollute the environment.

Thus, it makes sense to use homemade cleaning solutions like the ones used by professional vacate cleaning Perth professionals. These are made with natural ingredients like vinegar, baking soda, salt, lemon juice, etc. However, checking their impact on the surfaces before use is vital. For example, vinegar should not be used to clean natural stone surfaces like marble countertops. Also, use the ingredients in the right proportions to clean perfectly.

### **3. Save Water and Electricity**

Most homeowners are in a hurry to complete the cleaning chores. This causes them to use vacuum cleaners for hours to reduce manual work and waste a lot of water while wiping and mopping surfaces. To ensure an eco-friendly clean-up, it is best to rely on traditional cleaning techniques.

Conserve water by spot-cleaning blemishes instead of washing the entire linen or carpet. Use a microfiber duster instead of a vacuum cleaner to wipe the upholstery and furniture. Reuse the water collected while cleaning fruits and vegetables for mopping the floors. Also, use an energy-efficient dishwasher, washing machine and vacuum cleaner.

### **4. Donate and Recycle Old Items**

Decluttering the house is a great way to make it look organised and neat. Identify all the items not used in the past year and pack them for donating to charities. In addition, keep those items aside that can be repurposed or recycled into new things. For example, old clothes can be reused to create a quilt or sleeping beds for pets.

Glass jars and bottles can be recycled into decorative items through DIY arts and crafts. Old bed sheets can be repurposed into tablecloths or napkins, and tin cans can be used to plant herbs in the kitchen.

### **5. Compost Organic Waste**

Kitchen waste that ends up in landfills and pollutes the earth should be composted for sustainable living. Homeowners can take inspiration from Perth vacate cleaning companies, which prefer composting over creating piles of garbage. Food and organic waste can be recycled in homes with the help of compost bins, Bokashi buckets, and worm farms.

Composting reduces household waste and decreases greenhouse gas emissions from garbage rotting in landfills. The natural fertiliser created through composting can be used to promote plant growth in gardens.

### **6. Ensure Proper Ventilation**

Improving indoor air quality is another way to keep the house hygienic for healthy living and reduce emissions. It can be achieved by keeping the doors and windows open for the dust mites and bacteria to be moved out and fresh air to move into the house.

This allows natural sunlight to enter the house, and the airflow removes volatile organic compounds from the upholstery. It reduces dependency on HVAC systems and daily dusting and vacuuming. In addition, they can use natural air purifiers to make their homes allergy-free.

## **7. Remove Pests Without Chemicals**

Pests are a nuisance in the house, making the living conditions unhygienic and impure. Experienced vacate cleaning in Perth professionals use natural solutions to get rid of mould, mildew, dust mites, ants, spiders, bedbugs, etc. Some of the disinfecting ingredients used by them include apple cider vinegar and garlic water. Homeowners in Perth can adopt these to protect their homes from pests without using chemicals.

## **5. Decorate With Plants**



Whether you're a longtime plant parent or just beginning to build a collection of green friends, you know by now that plants, including great fake plants, deserve a prime place in your home. How can you decorate with them and add a little extra personality to your space? We've got you covered with the 27 styling tips below.

Just note that no matter your experience with plants, you should still be confident when it comes to including them in your house or apartment.

"Plants can add so much character to a room. They liven up a space and there are so many different varieties of plants. The possibilities are endless," notes Instagrammer Andreina Fuenteabla, who owns 65 plants. "An important factor to remember when owning plants is that it's trial and error. If you are just starting your plant journey just know that you'll kill some plants along the way, and that's okay! Just keep going and learning. You're doing great."

### **Have Fun With Vines**

Shape your vines so that they wrap around a mirror. This will help keep dangling leaves off the floor and add some pep to your front hall. Who says decorating with greenery is only for the holiday season?

### **Transform a Bar Cart**

Not in the mood for cocktails? Take an empty bar cart and use it as a plant stand. Wheels make it easy to move green friends throughout the house as needed. If plants are showing signs of too much sun, simply roll the cart away from the window.

### **Try Terracotta**





"When it comes to styling with plants, I always tell people to have fun with it, be creative, and try new things," Fuentealba says. "Make sure you understand what your plant needs to thrive, and listen to the signs your plant is giving you. Play with planters: hang some, mount some. I'm personally a huge terracotta lover, so I'm always on the hunt for terracotta pots that have different textures and designs."

### **Deck the Loo**

Plants aren't just for our main living spaces. Make your nightly bubble bath feel even more zen by bringing some plants into the loo. You'll recreate the feel of your favorite tropical spa-like getaway without having to go very far.

### **Style a Hutch**

Transform a hutch into a sophisticated plant storage system by filling the shelves with various sizes of pots. Don't be afraid to stack some on top if your collection begins to overflow a little.

"I like to disperse my plants around my home, so I can see them in every corner, but you can also group them together on a shelf or cabinet," Fuentealba comments. "If you are feeling stuck with where to start, there is so much inspiration all around, especially with Instagram. Just start with a few plants and go from there. It'll take time to grow your collection; enjoy the journey."

### **Make Over Your TV Stand**

Instagrammer Agatha Isabel of @plant.ma is all for doing double duty in her apartment. "I have a trailing and climbing wall full of Philodendron, Scindapsus, and Monstera on my TV stand," she explains. "I have a concrete wall where the plants love to attach to the porous surface, and I even use command light hooks to help those trailing plants climb their way up. There's also a grow light right above the space to help train the plants to climb and reach upwards."

### **Try a Tall Tree**

Once again, don't be shy about bringing plants into the bathroom if you have the space and ample lighting. A thriving fiddle leaf fig adds major visual interest by the sink.

And if your loo doesn't have windows, Isabel offers another suggestion. "I've turned my windowless bathroom into a propagation and isolation area for my new plants," she explains. "I recommend isolating new plants when you first receive them in order to make

sure you're not bringing any plants pests in your area. Simply turn your bathroom into a prop room with the help of a grow light."

### **Add Cheer to Your Home Office**

Add some plant life to your home workspace to make long days in front of the computer screen feel a little less blah. While keeping your desktop relatively clear is important, plants can still live on the ground or hang from the ceiling.

### **Forget the Headboard**

Who needs a formal headboard when you can have a wall of plants above your bed instead? Fall asleep dreaming of the outdoors with an intricate display like this one.

### **Pretty Up Your Patio**

Take your patio to the next level with an assortment of larger plants that eliminate the need for further decoration. In this space, fiddle leaf figs and Monstera plants reign supreme.

### **Try This Finishing Touch**

Not sure how to fill that open shelf? Go ahead and add a plant. Just make sure to rotate the pot somewhat often to ensure that your green friend receives ample sunlight on all sides.

### **Look Up High**

No green room is complete without a plant (or several). Hang a shelf above your windows to take advantage of vertical space and allow long vines to hang down without disrupting anyone.

Thinking high up can also be a smart solution for those with pets, Isabel explains. "I have some fur babies that like to run around and tend to knock over plants every once in a while," she comments. "As a result, I've began placing my larger plants on the top shelves to maximize floor space. Coincidentally, they also provide the feel of a jungle canopy."

### **Invest in a Special Shelf**

This plant shelf is full of plenty of space to allow a collection to keep growing—literally. If you're not shy about having your plants be the main event in your living space, a setup like this one is a winner.

### **Upgrade Your Selfies**

Even if your plant's vines don't wrap all the way around one of your wall mirrors, a little bit of green can make for "extra special selfies," Isabel shares. "It's always super exciting when

plants start to trail so they can help decorate walls," she adds. "Just about every mirror in my apartment has some form of trailing plant (my favorite are Scindapsus). They add a little extra flare to tie the space together."

### **Create an Illusion**

In Fuenteabla's own space, small terracotta pots shine on a wall, resting inside black holders that, from some angles, create the appearance of the plants floating.

## **6. Minimize Food Waste**



Food waste is an increasing problem worldwide. In the United States, at least one-third of all edible food goes in the trash.[1] Needless to say, eliminating even a portion of this waste is a top priority. Luckily, there are plenty of techniques out there to help you reduce food waste, which helps not just the environment, but your wallet as well. By cooking and shopping smarter, as well as learning creative ways to preserve food, you can minimize food waste.

### **Shopping Smarter**

Eat a snack before shopping. Schedule your grocery shopping after a meal or be sure to have a satisfying snack before heading to the store. Shopping while hungry can cause you to purchase more food than you would normally buy, which could lead to food waste.



Try a new food. Don't be afraid to step out of your comfort zone and try new produce. Choosing a new and foreign fruit or vegetable can encourage you to learn new preservation tricks or new dishes to make. This will encourage you to use produce right away instead of letting it sit until it wilts and eventually rots.

Download a smartphone app to help you shop smart. There are a variety of applications for your phone or tablet that can help you get the most out of your grocery shopping. Some apps will allow you to create a shopping list, tabulate expenses, record expiration dates, and more. Knowing when your groceries expire will help you reduce food waste.

### **Wasting Less Food When Cooking**

Research which foods keep well as leftovers. Certain foods do not hold up well as leftovers and some make excellent leftovers! Knowing which foods you should consume right away and which ones will make great leftovers will help you know how much to prepare.

Cook with portions in mind. If you're cooking for yourself or one other person, be wary of the quantities listed in a recipe you may be preparing. If the recipe was designed with a family in mind, it may not be practical to assume you'll be able to eat the leftovers yourself.

Use perishable food quickly. When returning from the grocery store, use your perishable produce as soon as possible. Produce will begin to rot within a week or two so it is important to use it up first so as not to waste food.

Use food scraps for other purposes. There are many ways that you can utilize scraps of food, instead of throwing them in the garbage or into the garbage disposal.

### **Preserving Food**



**Freeze food.** Freezing is one of the most common ways of preserving food. Keeping the food at freezing temperatures generally, prevents microorganisms from increasing in number and spoiling it. Freezing can thus be an effective way to preserve the nutrients.

**Can food.** A great way to preserve food is to learn how to can, if you are not already familiar with it. Canning removes oxygen and prevents the growth of bacteria that spoils food. There are a number of techniques for canning that you can choose from.

**Dehydrate food.** Dehydrating food involves eliminating the water that is in food, leaving you with a dried version. This is popular because it is all natural, makes food portable, and can be delicious. Try dehydrating food like apples, tomatoes, broccoli, or carrots with an oven or a dehydrator.

**Pickle food.** Pickled foods are soaked in solutions that prevent the food from spoiling. Pickling can be done without canning and usually involves the use of vinegar or a salt brine. Don't limit yourself to pickling pickles - you can also preserve yellow squash, green beans, and cherries in this way.

**Ferment food.** Fermenting and pickling have similar preparation processes but the methods preserve food in different ways. Fermentation uses a process called "lacto-fermentation" to preserve food and enhance the nutrient content. You can ferment fruit as well as ferment vegetables.

## **Storing Food**

Organize the shelves in your fridge. Knowing how to arrange your refrigerator will help your groceries last longer because the various areas in the fridge are different temperatures and some groceries need to be colder than others. This practice will also minimize food waste.

Store vegetables appropriately. Certain vegetables do best outside of the refrigerator and some should be refrigerated immediately after purchasing.

Store fruit accordingly. Most fruit needs to ripen or soften at room temperature before refrigerating, and certain fruits should be stored in the refrigerator immediately after purchasing. Still others can be stored at room temperature without fear of spoiling too quickly.

### **Staying Organized**

Clear out the clutter in the refrigerator. A cluttered refrigerator will prevent the air from properly circulating and cooling the food that is stored. You'll want to start by learning the best way to organize your fridge.

Use FIFO. FIFO stands for First In, First Out and is a standard practice in restaurants and commercial kitchens. When unpacking groceries at home, place older products in the front and store the new products in the back. This will ensure that you are using up the older groceries first before they spoil.

Keep track of what gets thrown out. Keeping a list of what you have thrown out can serve as a reminder to rethink purchasing it next time. If you didn't use it before, perhaps you just aren't inclined to eat that food and it will go to waste if you buy it again.

Donate to food banks. Instead of throwing something out that you do not want to eat, consider donating food to a food bank. This will both prevent food from going to waste and allow you to help others in need.

### **Conclusion**

Embracing sustainable home trends is more than just following a lifestyle—it's a commitment to preserving the planet while creating healthier, more efficient, and resilient living spaces. From energy-saving technologies to eco-friendly materials and minimalist designs, today's sustainable choices empower homeowners in Perth to make a positive environmental impact without sacrificing comfort or style. As the demand for green living continues to grow, these trends are not only shaping the future of home design but also encouraging a more mindful way of life. By making thoughtful, eco-conscious decisions, homeowners can contribute to a cleaner, greener world—one home at a time.



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