



## The Essential

# Household Alternatives

Environmental responsibility starts in the home. These basic household items are 'essentials' for every household. They have innumerable uses, are cost effective, easily accessible (from supermarket/garden) safe to use, and very environmentally friendly!

Item	Uses	Location
<b>Vinegar</b>	<b>White:</b> cleaning, disinfecting, deodorising, anti-bacterial agent, culinary, insect repellent, preservative <b>Cider:</b> hair conditioner, skin astringent, personal deodorant, therapeutic uses	Supermarket <i>(Tip: Cheaper if purchased in bulk. Use cheaper vinegar for cleaning &amp; expensive cider vinegar for personal use).</i>
<b>Bicarb Soda</b>	abrasive cleaner, deodoriser, whitener, stain removal	Supermarket <i>(Tip: It's much cheaper from bulk supply stores).</i>
<b>Pure Soap</b> (bar of soap)	cleaning/cleaning products, personal cleaning, garden spray (insect repellent), deodorising, general household use	Most retail outlets <i>(Tip: Any bar of soap will do. Choose soap that best suites you &amp; your budget)</i>
<b>Oatmeal</b>	mild abrasive cleaner, skin care & cleanser, water softener, culinary, hair-care, chemical free soap alternative	Supermarket or Health-shop <i>(Tip: Grind rolled oats in food-processor)</i>
<b>Herbs</b> (examples: rosemary, thyme, sage, parsley, lavender)	skin care, hair care, personal deodorant, general deodorising, oral care, cleaning, mild disinfectant, insect repellent	Garden, Supermarket, Greengrocer
<b>Rice-flour</b>	personal care products, talc alternative	Supermarket
<b>Eucalyptus Oil</b>	stain removal, deodorising, disinfecting, cleaning, therapeutic, insect repellent	Supermarket Health-food shop
<b>Beeswax - Honey</b>	emulsifying/healing agent (for skin creams & products), sealant, preservative, polish. therapeutic	Honey: Supermarket. Beeswax: Beekeepers or Specialty shops
<b>Lemons</b>	mild bleach, cleaning, deodorising, skin care, hair care, disinfectant, culinary, insect repellent, therapeutic	Supermarket <i>(Tip: Only practical if you have a lemon tree)</i>
<b>Salt</b>	abrasive cleaner, disinfectant, soot remover	Supermarket

## Why use alternatives?

1. Safer - less chemicals
2. Better for the environment - less chemical residue, less containers, reduces use of Earth's resources
3. Saves money - it's cheaper!
4. Builds self-reliance and environmental responsibility





# 30,000 Products and Rising!

That's how many products are currently available on supermarket shelves.

As a comparison: **20 years ago in 1996 there were just 600-800 products. Now it's a whopping 30,000!**

And the frightening thing is there is no end to this never-ending flow. More products are being created everyday further adding to the strain on Earth's resources to keep up supply. Every one of these products are produced via resources taken from the planet. All involve the use of chemicals – one way or another - further adding to the waste the planet is left to contend with. Many of these products end up as land-fill due to low sales, discontinued lines or out-of-date. Container recycling is a positive thing – but does not address the over-all picture of the never-ending manufacturing of new products. The root cause of this problem is the current world philosophy that 'profit and progress' are far, far more important than anything else – even sustainability into the future. Not a good approach to managing the future of our home - planet Earth.



## The Self-Sufficiency Shoppe

Safe, economical, chemical free and environmentally responsible alternatives to consumer products

[www.theshoppe.com.au](http://www.theshoppe.com.au)



[www.facebook.com/Pam-Marshall-The-Self-Sufficiency-Shoppe](https://www.facebook.com/Pam-Marshall-The-Self-Sufficiency-Shoppe)

### Workshops

Topics: Green Cleaning, Natural Skin Care, Chemical free Body Products, Soap-Making & many more.

Using affordable, environmentally friendly ingredients from home & garden.

**'Workshop at Home'** - download full workshop format for home use & reference

### e-books and e-book sets:

Over 90 titles available for download in readable e-book format.

### Workshop Packages

Become a Workshop Presenter - Earn extra income enjoying what you do best.

### The Shoppe Products

A range of sustainable make-at-home products using easy-to-find ingredients from home & garden

### Practical Sustainability in the Home sessions

Ways to replace consumer products with simple, safe household alternatives to benefit both you and the planet

Speaker available for your group (meetings, events, social gatherings)



## The Self-Sufficiency Shoppe

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