

# Four Easy Ways To Make Your Home Eco-Friendly

(NAPSA)—If you're ready to give your home a well-deserved, Mother Nature-approved makeover, a few simple steps can make your home more eco-friendly, improve your family's health and save you money:

## • Big Results, Little Energy

Heating and cooling consume as much as half the energy used in a home and, if ineffective, waste resources and cash. Replace air conditioner filters to increase efficiency and improve indoor air quality. Or, place energy-efficient fans around the house to circulate air. Household appliances are also energy hogs. When shopping for new appliances or electronics, see if they boast the Energy Star seal of approval. Energy Star-certified devices meet efficiency criteria and use, on average, a third less energy.

## • Saving Every Last Drop

With climate change depleting freshwater resources, water conservation around the house is key. Installing a low-flow showerhead or toilet helps you cut back on the 260 gallons of H<sub>2</sub>O used daily by the average household. Treat your kitchen to a water filter that will keep your family safe and curb the pricey and tough-on-the-planet dependence on bottled water. Easy to install, faucet-mounted water filters can be found for around \$40 at Target or Target.com.

## • I Dream Of Cleanie

Keeping a spic-and-span home may have consequences. Cleaning products can contain phosphates and phthalates—both linked to diseases. And bleach can trigger respiratory issues. What's more, when these chemicals enter water and air supplies, they can have long-term effects on water bodies



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and animal life. Luckily, brands such as Method and Seventh Generation offer an array of task-targeted cleaning products that are nontoxic, biodegradable, hypoallergenic and pH neutral—available at prices comparable to national brands.

## • Trash To Treasure

To spice up your abode with home decor items—the icing on the eco-friendly home-improvement cake—opt for products made from recycled materials that may have otherwise been landfilled. For example, start at the front of the house by placing an eye-catching vase made from recycled materials on an entryway table. Whatever room you revamp, it's a cinch to be stylish while staying within your budget. Sit back and let the compliments and good eco-karma roll in.

For more eco-friendly home products, visit [www.target.com](http://www.target.com).