



ECO CLEANING

COURSE SUPPORT

CLEAN-GREEN WORKSHOP

**"ECOCLEAN: GREEN CLEANING FOR A
HEALTHIER ENVIRONMENT"**



**Green
Clean**



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Partners

- STE SERV IMPACT – Bucharest, Romania
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1. INTRODUCTION

Welcome to our workshop on green cleaning and eco-friendly practices!

We are excited to share information and ideas on how we can improve our cleaning routines to protect the environment and our health. Today, we will explore the concept of green cleaning and learn how to use eco-friendly cleaning products to make a positive impact on both the environment and our well-being.

We will discuss the importance of eco-friendly practices in cleaning, the benefits of using environmentally safe and biodegradable products, and how we can manage the waste generated by these products more effectively.

During the workshop, we will have a series of presentations and hands-on demonstrations to help us better understand how to apply these concepts and practices in our daily lives. We will also have the opportunity to discuss and share experiences and ideas with one another, inspiring each other and mobilizing to make positive changes in our communities.

In addition to the presentations and practical demonstrations, we aim to collaborate on concrete green cleaning projects. These initiatives will be designed to create a positive impact in our communities and promote eco-friendly practices among those around us.

We want each of you to leave this workshop with powerful motivational messages about the importance of eco-conscious cleaning. Our goal is for you to walk away with knowledge and resources that you can immediately apply in your own homes and lives, along with the motivation and determination to become agents of change in promoting eco-friendly practices in our communities.

So, let's embark on this journey together towards a greener and more sustainable future for everyone!

1.1. Workshop objectives

The objectives of the workshop are fundamental for guiding and directing participants toward the desired outcomes and ensuring the overall event's efficiency and relevance. In this green cleaning workshop, presenting the objectives aims to clarify the goals and benefits of participating in this event, motivating and engaging participants to actively get involved and acquire the knowledge and skills necessary to adopt eco-friendly cleaning practices in their daily lives.

- **Raising Environmental Awareness:** One of the main objectives of the workshop is to increase awareness and understanding of environmental issues, including the negative impact of conventional cleaning products on the environment. By presenting this information, participants will better understand the need to adopt green cleaning practices.
- **Encouraging Eco-Friendly Practices:** The workshop aims to encourage participants to take concrete actions to reduce their environmental impact by using eco-friendly cleaning products. This involves presenting practical strategies and solutions for implementing green cleaning in homes and workplaces.
- **Enhancing Knowledge and Skills:** The workshop seeks to provide participants with detailed information and practical knowledge about eco-friendly cleaning products and how to use them in various cleaning situations. Through

presentations, demonstrations, and hands-on activities, participants will gain the necessary skills to make informed decisions and apply green cleaning practices in their daily lives.

Increasing Engagement and Collaboration: Another objective of the workshop is to encourage participants to actively engage in the learning process and collaborate to develop innovative solutions to cleaning and environmental issues. Through discussions, debates, and group activities, participants will have the opportunity to share their experiences and ideas and work together to find sustainable and effective solutions.

During group activities, participants will be required to create project proposals on the theme of eco-friendly cleaning, following a template they will receive. Additionally, in these group activities, participants will need to come up with several motivational messages related to cleaning and eco-friendly products.

By presenting the workshop objectives clearly and convincingly, participants will be motivated to actively engage in the learning process and take concrete steps to adopt eco-friendly cleaning practices in their daily lives.

2. MODULE I

"Discovering green cleaning"

2.1. Introduction to the green cleaning concept

Introducing the concept of green cleaning is a crucial step toward deepening awareness of how our cleaning habits can impact both the environment and our health. Green cleaning, also known as eco-friendly cleaning, refers to an approach focused on using products and practices that minimize harm to the environment and human health.

In a world where environmental concerns are becoming increasingly urgent, the idea of green cleaning is gaining relevance. It's a call to shift our perspectives and reassess our cleaning habits in light of their impact on the planet and our wellbeing. To better understand and start incorporating this philosophy into our daily lives, it's important to familiarize ourselves with the concept and recognize its benefits.

Green cleaning is more than a passing trend; it's a lifestyle that promotes the use of products and methods designed to protect and respect the environment. At its core, this approach is holistic, aiming to reduce pollution and minimize negative effects on natural ecosystems and human health.

When we talk about green cleaning, we refer to using cleaning products made with natural, biodegradable, and non-toxic ingredients. These products are less harmful to the environment and our health than conventional cleaning products, which may contain harsh and polluting chemicals.

Green cleaning practices also include waste reduction and recycling. By choosing products with recyclable or biodegradable packaging and avoiding excessive use of cleaning products, we can reduce the amount of waste generated and lessen our environmental footprint.

Green cleaning is a philosophy that encourages us to make more conscious and responsible choices in our daily cleaning routines. It offers an effective, sustainable way to help protect the environment and our health without sacrificing the quality and effectiveness of cleaning results. By adopting green cleaning practices, we can make a meaningful difference in the quest for a cleaner and healthier environment for everyone.

A. Definition of green cleaning

The concept of green cleaning and its role in reducing pollution and harmful effects on the environment is of paramount importance. Green cleaning is much more than just a cleaning practice; it is a life philosophy that embraces responsibility toward both the environment and human health. In a world where issues like pollution, climate change, and environmental degradation are increasingly apparent, adopting the principles of green cleaning is becoming more essential.

At its core, green cleaning refers to using products and methods that minimize negative impacts on the environment and our health. This involves the use of cleaning products formulated with natural, biodegradable, and non-toxic ingredients that do not pollute water, soil, or air. It is an approach that promotes the responsible use of natural resources and aims to reduce waste generation.

One of the key aspects of green cleaning is reducing emissions of toxic substances and pollutants into the environment. Conventional cleaning products often contain a range of harmful chemicals, such as chlorine, phosphates, synthetic

fragrances, and artificial dyes, which contribute to air and water pollution. In contrast, eco-friendly cleaning products are formulated with natural, biodegradable ingredients that have minimal environmental impact.

By adopting green cleaning, we commit to protecting both the environment and our health. Choosing eco-friendly cleaning products and practicing responsible cleaning methods allows us to reduce our ecological footprint and contribute to a healthier environment. It is an effective and sustainable way to help protect the planet for future generations, ensuring that all its inhabitants can live in a clean and healthy world.

B. The motivation for green cleaning

The motivation to adopt green cleaning practices is supported by several strong reasons that reflect our concerns for both our health and the environment. These reasons include:

- **Protecting Our Health:** Conventional cleaning products often contain a range of toxic chemicals that can negatively impact our health. Inhaling or coming into contact with these substances can lead to skin, eye, or respiratory irritation and may even contribute to chronic conditions like asthma or allergies. By choosing eco-friendly cleaning practices, we reduce our exposure to these toxic substances and safeguard our health and well-being.
- **Reducing Impact on Ecosystems:** Conventional cleaning products can have harmful effects on both aquatic and terrestrial ecosystems when they are released into the environment. Toxic chemicals can pollute water, soil, and air, impacting biodiversity and the health of natural ecosystems. Green cleaning promotes the use of natural, biodegradable ingredients that break down harmlessly in the environment, thereby minimizing the impact on ecosystems.

- **Contributing to the Fight Against Climate Change:** Using eco-friendly cleaning products can help reduce greenhouse gas emissions and other pollutants that contribute to global warming and climate change. Eco-friendly products are often manufactured with renewable energy and are packaged in recyclable materials, reducing the carbon footprint throughout the production and distribution chain.

In conclusion, adopting green cleaning practices is driven by our desire to protect our health, preserve the environment, and contribute to mitigating climate change. These practices not only offer personal benefits but also promote a more sustainable and environmentally responsible lifestyle.

C. The principles of green cleaning

The principles of green cleaning form the foundation of eco-friendly cleaning practices, offering a healthier and more sustainable alternative to conventional products. These principles serve as essential guidelines for adopting a more eco-conscious lifestyle and include the following aspects:

- **Use of Natural Ingredients:** Green cleaning relies on ingredients derived from natural sources, such as essential oils, plant extracts, and other natural compounds. These ingredients are favored for being gentler on the environment and less harmful to our health compared to synthetic chemicals commonly found in conventional cleaning products.
- **Biodegradability and Non-Toxicity:** Another essential principle of green cleaning is using biodegradable and non-toxic products. These products naturally break down into harmless compounds in the environment, preventing the accumulation of harmful chemicals in soil, water, and air. Choosing non-toxic products is crucial for protecting both our health and the surrounding ecosystems.

- **Waste Reduction and Packaging Recycling:** Green cleaning promotes minimizing waste generated through cleaning products and encourages recycling packaging to reduce environmental impact. By opting for products with recyclable or reusable packaging, we help decrease the amount of plastic and other materials ending up in landfills or polluting the environment.

The principles of green cleaning reflect a commitment to a more sustainable and responsible way of living, where environmental protection and our health are prioritized. By adopting these principles in our cleaning practices, we can make a meaningful contribution to conserving natural resources and maintaining a cleaner, healthier environment for future generations.

D. The benefits of cleaning green

The benefits of green cleaning are numerous, highlighting the positive impact these practices have on human health, the environment, and ecosystems as a whole. Here are some of these key benefits:

- **Protecting Human Health:** Using eco-friendly, biodegradable cleaning products reduces exposure to toxic and irritating chemicals found in conventional products. Such chemicals can lead to health issues like allergies, skin and eye irritation, respiratory problems, and more serious conditions. Green cleaning thus helps maintain a healthier and safer indoor environment for everyone in a home or community.
- **Conserving Natural Resources:** Eco-friendly cleaning products are formulated with ingredients derived from natural, sustainable sources that do not deplete the planet's resources. By using these products, we help reduce the strain on fragile ecosystems and contribute to biodiversity conservation. Choosing products with recyclable or reusable packaging further helps decrease material consumption and protect natural resources.

- **Reducing Environmental Pollution:** Conventional cleaning products often contain harmful chemicals that can pollute the air, water, and soil. In contrast, eco-friendly cleaning products naturally break down into harmless compounds, reducing their negative impact on ecosystems and improving air and water quality. By using these products, we actively protect natural habitats and help maintain a cleaner, healthier environment for all.
- **Contributing to Climate Change Mitigation:** Green cleaning also involves reducing greenhouse gas emissions and the carbon footprint associated with the production and use of cleaning products. By choosing eco-friendly, biodegradable products, we lower pollution and resource consumption, indirectly supporting climate change mitigation and environmental protection for future generations.

In conclusion, the benefits of green cleaning are wide-ranging and reflect a commitment to a more sustainable and responsible way of living, prioritizing human health and environmental protection. By adopting these practices, we can make a significant contribution to conserving natural resources and maintaining a cleaner, healthier environment for everyone on the planet.

E. Practical tips for adopting green cleaning

Adopting green cleaning can be a significant change in your cleaning routine, but there are a number of practical tips that can help facilitate this process and start a new eco-friendly routine.

Here are some practical tips for adopting green cleaning:

- **Education and information:** Start by understanding the concept of green cleanliness and its benefits for human health and the environment. Find out

about the toxic ingredients in conventional cleaning products and the eco-friendly alternatives available.

- **Evaluating existing products:** Check the ingredients of the cleaning products you already use in your home and identify the toxic or harmful substances you want to avoid. You can use online guides or apps that assess the safety of cleaning products.
- **Selecting eco-friendly products:** Choose commercially available eco-friendly and biodegradable cleaning products or make your own home cleaning solutions using natural ingredients such as white vinegar, baking soda, and essential oils.
- **Reduce product consumption:** Use small amounts of product when cleaning and avoid over-use. Many eco-friendly cleaning products are concentrated and can be diluted with water to maximize efficiency and reduce the amount of packaging used.
- **Use the right utensils and equipment:** Opt for mops and cloths made of durable and reusable materials, such as microfibers, instead of paper wipes or other disposable products. Choose vacuum cleaners with HEPA filters to reduce the dispersion of allergens and fine particles in the air.
- **Recycling and responsible waste disposal:** Recycle eco-cleaning product packaging and dispose of waste responsibly in accordance with local waste management guidelines. Avoid throwing hazardous waste into the sink or toilet.
- **Implement a regular cleaning routine:** Establish a regular cleaning schedule and set priorities for different areas of your home or workplace. Be consistent in applying eco-cleaning practices to achieve the desired results over time.

- **Sharing knowledge and experiences:** Involve family, co-workers, and friends in adopting eco-friendly cleaning practices and share the benefits and tips you've discovered in your process of transitioning to green cleanliness.

By following these practical tips and committing to an eco-friendly cleaning routine, you can make a significant contribution to protecting your health, the environment, and creating a cleaner and safer environment for everyone on the planet.

F. The environmental impact of conventional cleaning products

Conventional cleaning products have a significant impact on the environment, generating a number of problems and threats to natural ecosystems and human health.

Here are some important aspects that highlight this impact:

- **Water pollution:** Many conventional cleaners contain harmful chemicals, such as phosphates and chlorine, that can be released into the drain water during use. These chemicals can pollute freshwater and marine waters, negatively affecting aquatic life and drinking water quality.
- **Air pollution:** The use of conventional cleaners can lead to the release of toxic chemicals into the indoor air of homes or outdoor air, especially during the use of aerosols or synthetic fragrance cleaners. These substances can affect air quality and cause respiratory irritation and other health problems.
- **Soil degradation:** Chemicals from conventional cleaning products can reach the soil through runoff or waste disposal and can affect soil fertility and plant health. This can lead to soil degradation and reduced biodiversity in terrestrial ecosystems.

- **Impact on biodiversity:** The use of conventional cleaning products can negatively affect biodiversity, by contaminating natural habitats and poisoning and killing plant and animal species. Harmful chemicals can have adverse effects on aquatic and terrestrial organisms, contributing to a decrease in biological diversity.
- **Human health risks:** Many chemicals found in conventional cleaning products can be toxic or cause allergies and skin or respiratory irritation in humans. Exposure to these substances can have harmful effects on human health in the short and long term, including respiratory problems, allergies, hormonal disorders and even chronic conditions.

In conclusion, conventional cleaning products have a significant impact on the environment and human health, which is why it is important to move towards greener and more sustainable alternatives. Adopting green cleaning practices can help reduce this impact and protect the environment for future generations.



3. MODULE II

"Be part of the green movement and choose eco-friendly cleaning products!"

3.1. Presentation of the different types of ecological cleaning products and how they can be used in the household

By opening the doors to healthier and more sustainable cleaning, eco-friendly cleaning products are an important step towards protecting the environment and our health. While conventional cleaning products often contain harsh and toxic chemical ingredients, eco-friendly cleaning products use gentler formulas based on natural and biodegradable ingredients.

These products are designed to offer the same cleaning effectiveness as their conventional counterparts, but without the negative impact on the environment. In addition, they come in less polluting packaging and can be manufactured using more sustainable processes. Thus, by using environmentally friendly cleaning products, we can reduce air and water pollution, conserve natural resources and protect biodiversity.

The benefits of using eco-friendly cleaning products are multiple and varied. First of all, they are safer for our health and that of our families, as they do not contain toxic chemicals that can cause irritation of the skin, eyes or respiratory tract. By choosing environmentally friendly cleaning products, we can reduce the

risk of exposure to harmful substances and create a healthier environment in our home.

In addition, eco-friendly cleaning products are kinder to the environment. By using them, we reduce greenhouse gas emissions, water pollution and waste accumulation in landfills. They also contribute to the conservation of natural resources, such as water and energy, and to the protection of natural habitats and biodiversity.

Another advantage of eco-friendly cleansers is that they are less irritating to the skin and lungs. Many of these products are created using natural ingredients, such as essential oils or plant extracts, which have soothing and therapeutic properties. Thus, by using environmentally friendly cleaning products, we can take care not only of the environment, but also of our health and that of our loved ones.

There are a variety of eco-friendly cleaning products available on the market that can be used for various purposes in the household.

Here are some of them and how they can be used:

A. Laundry detergents

Eco-friendly laundry detergents are formulations that effectively remove dirt and stains from clothes without containing harsh chemicals or allergens. These products are typically made from natural and biodegradable ingredients, such as plant surfactants, enzymes, and essential oils. They are suitable for washing clothes in the machine or by hand and are compatible with cold or hot water. Eco-friendly laundry detergents not only effectively clean, but also protect textile fibers and reduce the risk of skin irritation.

How to use: Follow the instructions on the package to dose the correct amount of detergent according to the size and degree of soiling of the laundry load. Avoid over-dosing, as this can lead to residue build-up and affect the quality of the wash.

If necessary, you can also add other environmentally friendly additives, such as natural bleach or baking soda, to increase the effectiveness of the detergent and prevent limescale deposits.

For hand washing, dissolve the detergent in water before adding the clothes and wash as usual.

B. Sanitizing products

These include cleaning solutions for surfaces, windows, mirrors, toilets and other surfaces in the bathroom and kitchen. Eco-friendly sanitizing cleaners are formulated to remove bacteria and microbes without using harsh chemicals. They usually contain natural ingredients with antimicrobial properties, such as citric acid, essential oils, and plant extracts. These products are safe for use near food and children and are suitable for effective and non-toxic cleaning throughout the home.

How to use: Spray the eco-friendly cleaning solution on the surface you want to clean. Leave the solution on for a few minutes to dissolve dirt and stains. Wipe with a damp cloth or cloth to remove dirt.

For delicate or sensitive surfaces, dilute the eco-friendly cleaning solution with water before use to avoid damage.

Always test the solution on a small hidden portion of the surface to check compatibility and avoid damage.

C. Dishwashing detergents

Eco-friendly dishwashing detergents are designed to effectively remove grease and dirt from cookware and cookware without leaving behind toxic residue. These products are made using natural ingredients, such as plant surfactants and enzymes, which break down grease and dirt effectively. They are safe for use in

dishwashers and for manual dishwashing, providing brilliant cleaning results without compromising health or the environment.

How to use: Add a small amount of eco-friendly detergent to the detergent compartment of the dishwasher or directly to the dish sponge for hand washing. Start the wash cycle or wash dishes by hand in the usual way. Rinse thoroughly with clean water.

D. Floor cleaning products

These include mops and cleaning solutions specially formulated for different types of floors, such as parquet, tiles, linoleum and stone. Eco-friendly floor cleaning products are made from natural and biodegradable ingredients that remove dirt and stains without damaging surfaces. These products are usually concentrated, which means they are more economical and generate less packaging waste. By using eco-friendly floor cleaning products, we can maintain not only a cleaner and healthier environment, but also a greener and more sustainable planet.

How to use: Dilute the eco-friendly cleaning solution according to the instructions on the package. Apply the diluted solution to the floor using a mop. Wipe or rinse the floor in the usual way. For stubborn dirt, let the solution sit for a few minutes before wiping.

The simple ways of use make eco-friendly cleaning products easy to integrate into your daily cleaning routine and help maintain a clean and healthy environment in your home.

By choosing these products, we are taking a step towards a greener and healthier future for all.

E. How to choose the right products according to our needs and preferences

When choosing the right cleaning products for our needs and preferences, it is important to consider several factors to ensure that we are making the best choice for the environment and our health.

Here are some things to consider:

- **Ingredients and formula**

Check the product label to see the ingredient list. Opt for products that use natural, biodegradable and non-toxic ingredients, avoiding aggressive chemicals or allergens. Also, make sure that the product does not contain synthetic fragrances or artificial colors.

- **Organic certifications**

Look for products that are certified by recognized organizations for their compliance with ecological and health standards, such as EcoLogo, Green Seal, or EU Ecolabel. These certifications certify that the product meets the strict criteria for the use of organic and non-toxic ingredients.

- **Efficiency and performance**

Choose products that provide effective cleaning and satisfactory results. Read reviews from other consumers or try various brands to find the product that best meets your needs and expectations.

- **Sustainable packaging**

Pay attention to the product packaging and try to opt for recyclable or biodegradable packaging. Reducing the amount of packaging and using recyclable materials helps reduce waste and environmental impact.

- **Price**

Compare the prices of eco-friendly cleaning products to find the option that fits your budget. Although sometimes organic products can be a little more

expensive than conventional ones, they can offer long-term benefits for our health and the environment.

- **Compatibility and versatility**

Choose products that are compatible with various surfaces and materials. Opt for versatile cleaning solutions that can be used for multiple purposes, thus reducing the need to purchase more specialized products.

By taking these aspects and personal preferences into account, you can choose the right eco-friendly cleaning products that will help you maintain a clean, healthy and sustainable environment in your home.



4. MODULE III

"Recycle for a Cleaner Environment"

4.1. Household waste management and recycling

Household waste management and recycling is an essential aspect of an eco-friendly and sustainable lifestyle.

Here are some key aspects and practical tips for effective waste management in the household:

A. Reducing waste at source

An effective way to manage waste is to reduce the amount of waste from the beginning, by avoiding the purchase of excessively packaged products or disposable items. Selecting bulk products and those with recyclable or reusable packaging can reduce the amount of waste generated in the household.

B. Waste separation

Depending on the types of waste generated, it is important to separate them properly for recycling and disposal responsibly. Separating waste into categories such as paper, plastic, glass, and metal can facilitate the recycling and recovery process.

C. Use of recycling bins

Recycling bins should be available in every place in the house to facilitate waste separation and encourage family members to recycle. Labelling bins with specific colours and indicators for each category of waste can be useful in this regard.

D. Composting of organic waste

If you have access to adequate space, you can use a composter to turn organic waste into natural compost, which can later be used in the garden for plant fertilization. This is a great way to reduce waste while creating an organic and nutrient-rich fertilizer.

E. Participation in local recycling programs

Check what recycling programs are available in your community. and actively participate in them by bringing recyclable waste to designated collection centers or participating in periodic collections organized by local authorities.

F. Educating family members

It is important to educate and involve all family members in environmentally friendly waste management practices, explaining to them the benefits of recycling and the importance of protecting the environment.

By adopting effective waste management and household recycling practices, we can significantly contribute to reducing negative environmental impacts and promoting a more sustainable lifestyle.

4.2. How to manage and recycle waste generated by cleaning products

The management and recycling of waste generated by cleaning products are essential aspects of an environmentally friendly and responsible lifestyle.

Here are some practical tips to do this effectively:

A. Identification of recyclable waste

First, it is important to identify the types of waste generated by cleaning products that can be recycled. This can include plastic or paper packaging, glass bottles from cleaning products and other recyclable materials that we use during the cleaning process.

B. Waste separation

After identifying recyclable waste, we must properly separate it from other non-recyclable waste. You can have separate trash cans for recyclable and non-recyclable materials, or you can use recycling bins to facilitate the separation process.

C. Cleaning of packaging

Before disposing of plastic or glass packaging, it is advisable to clean it to remove any residue of cleaning product left inside. This is important to avoid contamination of recyclable materials and to ensure the quality of recycling.

D. Identification of collection points

Check which are the recyclable waste collection points in your community. and be sure to bring your recyclable waste to these designated places regularly. Some stores or shopping centers may have special recycling containers at the entrance.

E. Participation in local recycling programs

In some communities, there are more extensive recycling programs that may include home collection of recyclables or special collection points for different types of waste. Be sure to inform yourself about these programs and actively participate in them.

F. Reuse

Instead of throwing away packaging and containers of cleaning products, you can reuse them or reuse them for other purposes. For example, you can use empty glass bottles to create decorations or store other liquids.

By applying these practical tips, you can effectively manage and recycle the waste generated by cleaning products, helping to reduce your environmental impact and promote a more sustainable lifestyle.

4.3. Practical tips for reducing waste by using eco-friendly household cleaning products

Reducing waste through the use of eco-friendly household cleaning products can be achieved through a range of eco-friendly strategies and practices.

Here are some practical tips for reducing waste effectively:

A. Choose concentrated or reusable products

Opt for eco-friendly cleaning products that are available in concentrated form or in reusable packaging. These products reduce waste and environmental impact, allowing you to save money and minimize packaging.

B. Use reusable dispensers

Replace disposable cleaning products with reusable dispensers to reduce packaging consumption and eliminate the extra waste associated with single-use packaging.

C. Opt for eco-friendly packaging

Choose cleaning products that come in recyclable or biodegradable packaging. By replacing conventional products with organic ones, you can help reduce your environmental impact and conserve natural resources.

D. Make your own cleaning products

Experiment with DIY cleaning recipes using natural ingredients like white vinegar, baking soda, and essential oils. These solutions are not only environmentally friendly, but also effective in removing dirt, helping to reduce waste and save money.

Here are some simple DIY cleaning recipes using natural ingredients:

- ❖ **Surface disinfectant:** Mix one part distilled white vinegar and two parts water in a sprayer. You can also add a few drops of lemon or tea tree essential oil for a pleasant smell and antibacterial properties. Spray on surfaces and wipe with a clean cloth.
- ❖ **Floor sanitizer:** In a bucket of warm water, add half a cup of distilled white vinegar and a few drops of lavender essential oil. Wash the floors using this solution to disinfect them and leave a pleasant smell.
- ❖ **Carpet deodorizer:** Sprinkle baking soda on the carpet and leave it on for at least 15-20 minutes to absorb unpleasant odors. Then, use a vacuum cleaner to remove the baking soda.
- ❖ **Furniture polish:** Mix a tablespoon of olive oil with a tablespoon of distilled white vinegar. Apply the mixture to a soft napkin and polish the furniture to restore its shine.
- ❖ **Trash can disinfection:** Add a few drops of tea tree essential oil to a piece of cotton and place it in the trash to eliminate unpleasant odors and have an antibacterial effect.
- ❖ **Refrigerator deodorizer:** Place a small box of baking soda in the refrigerator to absorb unpleasant odors and keep the air fresh. You can add a few drops of essential oil for a pleasant smell. **Sink and faucet disinfectant:** Squeeze the juice from a lemon and mix it with baking soda to form a paste. Apply the paste to the

sink and faucet, then wipe with a damp cloth to remove dirt and leave surfaces shiny.

- ❖ Window sanitizer: In a sprayer, mix one part distilled white vinegar with three parts water. Add a few drops of lemon or orange essential oil to mask the smell of vinegar. Spray on the windows and wipe with a microfiber cloth to achieve a flawless shine.
- ❖ Toilet cleaning: Sprinkle baking soda inside the toilet, then pour distilled white vinegar over baking soda. Leave on for at least 30 minutes before using a toilet brush to clean and rinse thoroughly.

E. Use washable cloths and mops

Replace disposable paper wipes and mops with washable cloths and mops. They can be washed and reused multiple times, eliminating the need to buy and dispose of single-use products, and thus reducing waste.

F. Avoid products with excessive packaging

Choose cleaning products that come in minimalist or recyclable packaging and avoid those with excessive or non-essential packaging. By opting for products with less bulky packaging, you can reduce the amount of waste generated.

G. Recycle cleaning product packaging

Be sure to recycle empty cleaning product packaging according to your local recycling instructions. This allows packaging to be recycled and helps to reduce the amount of waste sent to landfill.

Adopting these practical tips and integrating eco-friendly cleaning products into your routine. With your cleaning needs, you will be able to significantly reduce your environmental impact and promote a more sustainable lifestyle.

5. MODULE IV

"Ecology and Sustainable Solutions"

5.1. Environmental problems and how to address them

Ecological problems are increasingly evident in our modern society, and addressing them requires a deep understanding of the causes and impacts on the environment.

A. Climate

One of the biggest ecological challenges of our time is climate change, which is mainly caused by greenhouse gas emissions from human activities, such as the burning of fossil fuels and the deforestation of forests. Addressing this issue requires a transition to renewable energy sources, reducing greenhouse gas emissions and adapting to the effects of already existing climate change.

B. Air pollution

Air pollution is another major environmental problem that affects the quality of the air we breathe. Emissions from cars, industries and power plants contribute to the formation of fine particles and toxic chemicals in the atmosphere. Addressing this issue involves adopting stricter policies on industrial emissions and internal combustion vehicles, promoting public transport and cleaner technologies, as well as investing in alternative energies and sustainable transport solutions.

C. Water pollution

Water pollution is a serious problem that affects freshwater resources and aquatic habitats. Chemicals, excess nutrients and solid waste end up in our waters, endangering marine life and human health. To address this problem, it is necessary

to implement more sustainable agricultural practices, adequate wastewater treatment, responsible waste management and protect water catchment areas.

D. Biodiversity loss

Biodiversity loss is a global problem that threatens fragile ecosystems and endangered species. Forest deforestation, excessive urbanization and excessive exploitation of natural resources lead to the destruction of habitats and the extinction of many species. To address this issue, it is essential to conserve and restore natural habitats, protect vulnerable species, and adopt sustainable practices in the use of natural resources.

E. Plastic waste

The increase in plastic production and consumption has led to the massive accumulation of plastic waste in the environment, especially in the world's oceans. This waste poses a danger to marine life and can contaminate food chains, including ours. Addressing this issue involves reducing the use of single-use plastics, recycling and responsible management of plastic waste, as well as promoting environmentally friendly alternatives to plastic.

By raising awareness and addressing these major environmental issues, we can help protect and preserve the environment for future generations. Collective efforts are needed globally to meet these challenges and promote a more sustainable and environmentally friendly future.

5.2. Environmental impact and traditional cleaning

Current cleaning practices and the use of conventional cleaning products have a significant impact on the environment, contributing to numerous environmental problems. Here are some of these issues:

A. Air pollution

Conventional cleaning products often contain harsh chemicals that can give off toxic vapors into the indoor air when used. These chemical compounds can cause eye and respiratory irritation and contribute to indoor air pollution, thus affecting our health and that of our families.

B. Water pollution

Many conventional cleaners contain harmful chemical ingredients, such as phosphates and non-biodegradable surfactants, which can end up in water systems and pollute rivers, lakes, and oceans. These chemicals can have devastating effects on aquatic ecosystems and endanger marine life and human health when ingested or absorbed through the skin.

C. Waste generation

Excessive packaging and conventional cleaning products in the form of sprays or single-use containers contribute to increasing the amount of waste produced by each household. Many of these packaging and containers are not recyclable or biodegradable, which leads to their accumulation in landfills or in the environment.

D. Impact on natural habitats

Chemicals in conventional cleaning products can negatively affect natural ecosystems and wildlife habitat. Waste and chemicals that end up in surface waters or soil can have harmful effects on plants, animals and aquatic organisms, disrupting the ecological balance of these environments.

E. Effects on human health

Long-term use of conventional cleaning products can have adverse effects on human health. Exposure to toxic chemicals in these products can be associated with health problems such as skin and eye irritations, respiratory allergies, lung conditions, and even cancer in some cases.

Overall, current cleaning practices and the use of conventional cleaning products contribute to environmental degradation and endanger our health and natural ecosystems. It is important to move towards greener and more sustainable cleaning practices to reduce these negative impacts and protect the environment for future generations.

5.3. More sustainable and environmentally friendly practices

More sustainable and environmentally friendly cleaning practices through the use of eco-friendly cleaning products include several important aspects:

A. Reducing the impact on natural resources

Eco-friendly cleaning products are formulated with natural and biodegradable ingredients that are less harmful to the environment compared to the harsh chemicals in conventional products. They are not only safer for the environment, but also for our health and that of our loved ones.

B. Prevention of water and soil pollution

Eco-friendly cleaning products do not contain toxic or polluting chemicals, which can end up in runoff or soil and affect aquatic and terrestrial ecosystems. The use of these products contributes to maintaining the quality of water and soil, protecting biodiversity and the health of ecosystems.

C. Reducing greenhouse gas emissions

The manufacturing and use processes of conventional cleaning products can generate emissions of greenhouse gases and other pollutants that contribute to global warming and climate change. By using eco-friendly cleaning products, which

are formulated with less polluting ingredients and are manufactured using more sustainable methods, we can reduce these emissions and help protect the climate.

D. Promoting the circular economy

Eco-friendly cleaning products are often packaged in recyclable or biodegradable materials, and some companies also offer refill options to reduce packaging waste. By adopting these products and practices, we can help promote the circular economy and reduce the amount of waste generated.

E. Encouraging sustainable innovation and research

The increased demand for eco-friendly cleaning products is driving innovation and the development of new technologies and more environmentally friendly ingredients. Choosing these products and supporting companies that invest in sustainable research and development can have a positive impact on the environment and society as a whole.

By adopting these more sustainable and environmentally friendly practices in terms of cleaning and the use of eco-friendly cleaning products, we can help protect the environment and promote a more sustainable and responsible lifestyle.



6. MODULE V

"Innovating Together: Creative Activities"

6.1. Interactive activities

A. "Green Cleaning: Projects for Sustainable Change"

Group activities in which participants will create projects, according to the next template they will receive, with themes related to ecological cleanliness

Project title: "-----"

Project goal:-----

Project objectives:-----

Project description:-----

Anticipated Benefits:-----

Within this activity we will create projects related to ecological cleaning.

- ✦ Choose a suitable title for your project, which reflects the purpose and objectives proposed.
- ✦ Clearly define the purpose of your project, i.e. what you aim to achieve by implementing it within the community or in your work environment.
- ✦ Establish the specific objectives of the project, i.e. the concrete results you want to achieve and the actions you need to take to achieve them.
- ✦ Develop a detailed description of your project, including the action plan, the necessary resources and any other relevant details.

- ✦ Identify the anticipated benefits of your project, both for your community and for the environment.
- ✦ Present the project in front of the group and receive feedback to improve it and ensure that it is achievable and effective.

B. "With Every Word, A Change: Creating Messages for a Cleaner Environment"

Group activities in which participants will create motivational messages, with themes related to green cleaning, for example: "Every drop of ecological detergent is a small step towards a cleaner and healthier environment for us and for future generations."

In our group activity, you will have the opportunity to express your creativity and create motivational messages that encourage green cleaning practices.

Here's how you can get involved:

- ✦ Brainstorming: Start by gathering ideas and suggestions on motivational messages related to green cleaning. Every idea matters, so don't shy away from sharing your thoughts.
- ✦ Selection of ideas: Once you have generated a series of ideas, discuss and choose the most inspirational and relevant ones for further development.
- ✦ Message creation: Work together to bring selected ideas to life by formulating strong and encouraging messages that inspire positive action in support of green cleanliness.
- ✦ Sharing and feedback: Present your messages to other groups and give each other feedback to improve and make them more compelling.
- ✦ Selecting and refining messages: Once you've received feedback, choose the most effective and inspirational messages and refine them to be ready to share with our target audience.

C. Q&A Sessions

Q&A sessions to clarify any issues or concerns related to the topics covered during the workshop.



7. END

Dear participants,

The time has come to conclude this workshop on ecological and sustainable cleaning practices. On behalf of the entire organizing team, we thank you for your involvement and active participation in this educational and interactive experience. During this day, we had the opportunity to explore together the concept of green cleaning and discover the benefits of using ecological and biodegradable cleaning products.

We have learned how to choose the right products according to our needs and use them effectively in various household cleaning situations. We also discussed waste management and recycling in the household and identified more sustainable and environmentally friendly practices to help protect the environment.

We hope that the information and advice you have gained during this workshop will inspire you to adopt more responsible and environmentally friendly practices in your daily life.

We encourage you to share the knowledge and experiences gained in this workshop with others in your community and to be promoters of a more sustainable and ecological lifestyle.

Certainly, putting into practice the projects developed during this workshop is important to turn ideas into tangible actions and to share knowledge and motivational messages with as many people as possible in our community.

Every small gesture and action counts in our collective effort to protect the environment and conserve natural resources for future generations.

When we implement our projects and share motivational messages about eco-cleaning with others, we become agents of change in our communities. Every conversation, every piece of advice and every practical example turned into reality is an important step towards a more sustainable and eco-friendly lifestyle.

Through these concrete actions and the transmission of information and motivational messages, we can inspire and mobilize the people around us to adopt greener practices and become part of the solution in the fight against climate change and environmental degradation.

Thus, each of us can contribute to building a greener and more sustainable future for all. It takes our involvement and collaboration to create an environment in which we live healthy and prosperous, and every action, no matter how small, makes a significant contribution to this common mission.

Once again, thank you for your participation and involvement. We hope that this experience has been useful and motivating for you, and we wish you every success in your efforts to protect the environment and build a better future for all.

**START THE
CHANGE TODAY!**



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