

Inside

Spring is the season of new beginnings so there is no better time to make positive changes inside your home or workplace. Cleaning out the cupboards will create new spaces for storing bulk goods. Purchasing in bulk will reduce your use of packaging, embodied energy related to transport, and simplify your shopping. It's also an ideal time to start adapting your windows for improved ventilation. Many sustainable choices we make in the home are about simplifying and refining our systems, ultimately making life easier. Spend less time at the supermarket this spring and more time in the sunshine.

one

There is nothing lovelier than a soft breeze at the end of a warm day. Fly-screens and security screens are a useful addition to your windows and doors to enable good overnight ventilation without attracting unwanted insects. Not all window styles are easily retrofitted with screens so if you are installing new windows check with your manufacturer that allowances for screens have been made. Retractable screens can be retrofitted onto large openings such as sliding and bi-fold doors, or where you need access to the window to open them. These have the added benefit of stacking back completely out of sight when they are not being used, and according to the manufacturers, blocking out 55 per cent of UV light.

ultrascreen.com.au

two

Remember those 1960s and '70s homes that had indoor gardens or internal conservatories designed into them? Today we prioritise open-plan layouts, windows and storage in our home designs, but this is one idea that is set to return, and for good reasons. Firstly, a dedicated indoor garden allows you to install appropriate waterproof flooring and drainage, which avoids damaging the floors and furnishings by overwatering. Secondly, plants are grouped together on one location making watering quicker and easier. Thirdly, the volume of plants will humidify and purify the inside air, and finally, provide the opportunity to use diverse textures and shapes to create great sculptural effects in otherwise uninteresting spaces.

three

It's easier to buy and use bulk goods if you have a dry place to store them at an accessible height. The pantry, laundry or linen cupboard can all be re-purposed for good dry storage. The joy of bulk buying is not only that you are saving money but also that you only have to think about replenishing supplies occasionally. Storing less stuff like unused appliances and linen could create space for storing bulk consumables. Some expendable items that can be purchased in bulk are cleaning products, toilet paper, liquid soaps and cooking oils. Below are four Australian suppliers that sell these bulk goods online.

trinauredistributor.com

whogivesacrap.org

melrosehealth.com.au

mountzeroolives.com

four

Sunlight is a powerful antibacterial and bleach. Putting your stained or yellowing sheets, towels, and pillow cases in a wash with a couple of tablespoons of baking soda, then hanging them in the midday sun will bring them back to pure white. Baking soda can be used with an old toothbrush to clean darkened tile grout, sprinkled liberally on carpets before vacuuming to deodorise and sanitise them, or put in an open bowl in the fridge to reduce smells. Buy it by the bucketful: it's great stuff.

five

Let the light shine in. Natural light can transform a dim interior by making gloomy parts of a home instantly more habitable. Skylights are a good option in non-sleeping areas where there is no opportunity for northern glazing. When selecting skylights it is crucial to choose high efficiency models as a poorly constructed skylight can leak heat during winter and collect it in the summer. Skylights are available with features such as double-glazing, Low-E glass, motor operation, rain sensors and solar-operated blinds. Openable skylights are useful for venting hot air from the home. Solatubes and Sun tunnels use reflective tubes to bounce large amounts of daylight inside, with a minimum of glazing. They are effective on cloudy days, south-facing roof pitches, and are more thermally efficient than traditional styles.

solatube.com.au

velux.com.au

