

Lifesavers

Eco Home Care

WE GIVE YOU THE DIRT ON ECO FRIENDLY CLEANERS



What a Mop

We love Method products not only because they are environmentally friendly, but because of their pleasing designs and delicious scents (grapefruit dish soap, mmmm).

It is no surprise that Method's new omop starter kit comes in a recyclable, compostable bamboo container, has a sleek modern design and smart, eco-friendly components. Our test surface was a brand new bamboo floor—which we were anxious not to scratch—and the mop more than impressed.

Corn-derived compostable sweeping cloths were quickly fastened into the mop head's plastic teeth, and thanks to its flexible design, the mop limboed its way under a low bed, gathering all of the curled-up dust bunnies. Within minutes the floor was dust-free, and so was the air.

Approximately \$30, with washable microfibre mop pad and non-toxic almond cleaner. Available at Shoppers Drug Mart and Safeway. www.methodhome.com.



Clean up Your Act

Part of the Art Home ecological line from Fruits & Passion, this heavy-duty cleaner replaces the toxic petroleum-based ingredients in many all-purpose cleaners with a cleanser derived from coconut oil and cornstarch.

Fruits & Passion is famed for their use of natural fragrances, and the fresh lavender and mint fragrance didn't disappoint, fast becoming one of our favourites. Coming in a very close second is the genius Botanical Room and Fabric Deodorizer in tulip scent that left a fragrance so convincing we swore there were fresh cut flowers in the room.

Ecological Heavy Duty Home Cleaner, 1 litre, \$12. Available at Fruits & Passion. www.fruits-passion.com.

Mirror, Mirror...

Due to popular demand, Shoppers Drug Mart has expanded the Bio-life collection of environmentally-friendly cleaners. Our pick is the ammonia-free glass cleaner, which is fully biodegradable and made from renewable resources.

The spray did its job, leaving windows and mirrors squeaky clean and streak-free. And while we love the idea of using old-fashioned vinegar and water for the job, the light, fresh scent of this version is much kinder on the nose.

Bio-life Glass Cleaner, 750 ml, \$3.99. Available at Shoppers Drug Mart.





On the Ball

Those of us with sensitive skin know the perils of using dryer sheets or fabric softeners. So when these spiny wonders hit the shelves, we jumped to test them out.

Nellie's Dryerballs replace traditional dryer sheets and fabric softeners—without using any chemicals. Tossing the pair in with a load of drying laundry softened our clothes and helped them dry faster, too: as they tumble through the laundry, they separate layers of fabric that have lumped together. Each pair lasts about 1000 loads, so for about \$20 you'll save some green and the environment.

A word of caution: while the Dryerballs were great for fluffing up towels and sheets, we wouldn't use them with delicate garments.

Available at Daniadown Home, Fresh Option Organic Delivery and London Drugs.
www.nellieslaundry.com.

Inspired Practice

How big is your ecological footprint? It's a question that would most likely leave many Winnipeggers stumped.

According to the World Wildlife Fund's Living Planet Report, Canada's ecological footprint is the fourth highest in the world and 10 times higher than that of lower-income countries like Bangladesh. Enter Inspired Practice, a Winnipeg company that helps businesses and organizations become more socially, ecologically and economically sustainable. Its mission is simple: to inspire, inform and empower people to build a better world.

Founder Kristle Calisto-Tavares formed the company in April 2007 after noticing that many businesses hadn't realized the value of shifting to sustainable practices—in other words, creating profit while still protecting the environment. The result? Inspired Practice offers a slew of customized services, all of which allow businesses to strike a balance between “people, planet and profit.”

More specifically, Calisto-Tavares can measure an organization's ecological footprint; “green” its core values and policies; promote its sustainable practices; identify opportunities to maximize its bottom line; and strategize to help it become a sustainable venture.

For more information and tools like an online ecological footprint calculator, visit www.inspiredpractice.com.