# Homeowners urged to use baking soda to cut bin odours during UK heatwave



As the UK experiences uncharacteristically hot and dry conditions this spring, homeowners are being urged to take extra precautions to prevent unpleasant odours in their rubbish bins. With temperatures expected to reach up to 23°C in London and remain in the high teens throughout the week, the warmer weather has raised concerns about rapid waste decomposition, leading to unsightly smells and potential pest issues.

To combat these encroachments, waste management experts like Clear It Waste suggest a cost-effective and practical solution: baking soda. This common kitchen item, famed for its versatility, has been highlighted not only for its culinary uses but also for its remarkable ability to neutralise foul odours emanating from household waste. Following the advice shared by experts, they recommend applying baking soda at the bottom of bins, which can significantly reduce unpleasant smells.

Scientific studies back up these claims, demonstrating that a mere 50 grams of baking soda in an eight-litre food waste bin can cut odours by approximately 70%. This affordable solution comes as good news for households striving to maintain a pleasant home environment during warm spells. Thankfully, baking soda is widely available in UK supermarkets, making it an accessible option for many.

In addition to using baking soda, proper refuse management involves regular cleaning of bins. Utilising soapy water and disinfectants is vital for preventing the accumulation of bacteria and mitigating putrid smells. As warmer temperatures accelerate waste decomposition, these cleaning practices become even more crucial. Experts recommend washing wheelie bins weekly to ensure that any organic matter does not linger.

Moreover, there are various other eco-friendly options for maintaining freshness within households. Natural substances, including white vinegar and essential oils, have also been promoted for their deodorising properties. The David Suzuki Foundation notes the advantages of these substances over conventional chemical air fresheners, recommending them to foster a healthier indoor atmosphere.

With the ongoing hot weather prompting residents to rethink their waste management strategies, adopting multiple methods to combat odours seems prudent. From regular cleaning routines to the strategic use of baking soda and natural ingredients, households can navigate the challenges presented by the season while contributing to a more sustainable living environment. These simple adjustments not only improve quality of life but also promote long-term ecological health, enhancing the overall experience of summertime in the UK.

**Reference Map:**- Paragraph 1: [[1]](https://www.express.co.uk/news/uk/2057468/homeowners-pour-common-65p-kitchen), [[2]](https://www.express.co.uk/life-style/life/1942352/Surprising-59p-solution-to-steer-clear-of-stinky-bin-in-hot-weather)- Paragraph 2: [[2]](https://www.express.co.uk/life-style/life/1942352/Surprising-59p-solution-to-steer-clear-of-stinky-bin-in-hot-weather), [[3]](https://pubmed.ncbi.nlm.nih.gov/25445259/)- Paragraph 3: [[1]](https://www.express.co.uk/news/uk/2057468/homeowners-pour-common-65p-kitchen), [[6]](https://www.onestopcleaningshop.co.uk/blog/summer-cleaning-tips/)- Paragraph 4: [[4]](https://davidsuzuki.org/living-green/how-to-deodorize-your-stuff/), [[5]](https://www.peterball.co.uk/news/11-sustainable-cleaning-tips-your-home)- Paragraph 5: [[1]](https://www.express.co.uk/news/uk/2057468/homeowners-pour-common-65p-kitchen), [[6]](https://www.onestopcleaningshop.co.uk/blog/summer-cleaning-tips/)

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## Bibliography

1. <https://www.express.co.uk/news/uk/2057468/homeowners-pour-common-65p-kitchen> - Please view link - unable to able to access data
2. <https://www.express.co.uk/life-style/life/1942352/Surprising-59p-solution-to-steer-clear-of-stinky-bin-in-hot-weather> - This article discusses how to prevent unpleasant bin odors during hot weather by using a simple and affordable solution. It highlights the effectiveness of bicarbonate of soda (baking soda) in neutralizing odors and provides practical tips for its application. The piece also mentions the availability of baking soda in UK supermarkets at low prices, making it an accessible option for households seeking to maintain freshness in their kitchens during warmer months.
3. <https://pubmed.ncbi.nlm.nih.gov/25445259/> - A scientific study published on PubMed investigates the effectiveness of baking soda in controlling odors from discarded organic waste. The research found that applying 50 grams of baking soda at the bottom of an 8-liter food waste bin can reduce odors by approximately 70%. The study emphasizes the importance of proper waste management and suggests that baking soda can be a cost-effective and efficient method for mitigating unpleasant smells associated with decomposing food waste.
4. <https://davidsuzuki.org/living-green/how-to-deodorize-your-stuff/> - This article from the David Suzuki Foundation offers environmentally friendly techniques for deodorizing various household items. It emphasizes the use of natural substances like essential oils and baking soda to eliminate odors without resorting to chemical air fresheners. The piece also provides tips on ensuring good ventilation and creating natural air fresheners, promoting a healthier indoor environment. Additionally, it advises against using scented candles due to their potential to contribute to indoor air pollution.
5. <https://www.peterball.co.uk/news/11-sustainable-cleaning-tips-your-home> - Peter Ball's article presents sustainable cleaning tips for maintaining a fresh and eco-friendly home. It suggests using natural ingredients like white vinegar, baking soda, lemon juice, and Castile soap for cleaning purposes. The piece also advocates for ditching disposable wipes and paper towels in favor of reusable microfiber cloths, and choosing eco-friendly cleaning tools made from natural materials. Additionally, it recommends avoiding synthetic air fresheners and opting for natural alternatives to reduce indoor air pollution.
6. <https://www.onestopcleaningshop.co.uk/blog/summer-cleaning-tips/> - This blog post provides summer cleaning tips to keep homes sparkling during the warmer months. It highlights the importance of managing odors, especially in rubbish bins, by suggesting the use of baking soda to absorb bad smells. The article also advises on dusting more frequently to improve air quality and preventing mildew and mold growth in damp areas. Overall, it offers practical advice for maintaining a clean and fresh home environment during the summer season.
7. <https://www.slurrp.com/article/how-to-manage-kitchen-waste-smell-during-monsoon-tips-to-follow-1722750707414> - This article offers tips on managing kitchen waste odors during the monsoon season. It recommends frequent disposal of garbage to prevent decomposition and foul smells, using covered containers to reduce odors and pests, and employing natural deodorizers like baking soda and vinegar. The piece also suggests using citrus peels and essential oils to mask unpleasant odors and emphasizes the importance of proper ventilation in the kitchen to dissipate unwanted smells and reduce humidity.