

Average household reduction of CO2 emissions: 450 pounds a year

How

For maximum water efficiency, select a shower head with a flow rate of less than 2.5 gpm. There are two basic types of low-flow shower heads: aerating and laminar-flow. Aerating shower heads mix air with water, forming a misty spray. Laminar-flow shower heads form individual streams of water. Follow the instructions that come with your shower head for installation or watch this [simple explanatory video](#).

Why

To get clean water, we tap lakes, build dams and reservoirs, and construct processing plants. By using more than we need, we overload sewer and septic systems and leach fields. Both the water itself and the energy needed to heat it cost you money. For an investment of \$10 or less you can save \$50 to \$75 per year on water bills and \$20 to \$50 or more per year on energy bills (depending on your current showerhead and utility rates).