



Save Water (And Money) With Low-Flow Showerheads & Toilets

What Are Low-Flow Showerheads/Toilets and Why Do They Matter?

Low-flow showerheads and toilets are appliances that allow consumers to use less water when in the bathroom. Using too much water is a problem because it can drain sewage systems and potentially contaminate drinking water. Over time, using lots of water could also cost more money because we would eventually need to fund ways to access clean water sources.

Low-flow appliances provide an opportune way to conserve our water now and in the future. Additionally, installing these products can save us money on our water and energy bills¹.

What Kind of Showerhead Should I Buy?

Your showerhead should have a flow rate of no more than 2.5 gallons per minute. Even better, look for the WaterSense label when shopping -- this label is sponsored by the EPA to ensure that products conserve water. Showerheads with the WaterSense label have at most a flow rate of 2 gallons per minute, and are a great option for reducing water consumption².

Consider the type of showerhead you want to buy:

- Aerating showerheads combine your water with air to create a spray effect.
- Laminar-flow showerheads allow the water to stream out in separate jets.

Decide if you would like your showerhead to come with a flow restrictor. This would allow you to adjust the water flow of the showerhead as you please.

An alternative option to changing your showerhead would be to simply attach an aerator to it. These are cheap to purchase, easy to install, and can also be found with the WaterSense label³. Check out this video <https://youtu.be/6qDXk-h0Mys> for how to install the aerator yourself⁴!

What Kind of Toilet Should I Buy?

Two of the main low-flow toilets include the Low Flow Single Flush Toilet and the Dual Flush Toilet. The former flushes just as your normal toilet would, and the latter includes two buttons, one to use for liquid waste and one for solid waste. Again, look for the WaterSense label, as this would reduce the gallons per flush used from 1.6 gallons (which is typical of toilets purchased today) to 1.28 gallons.

If you don't want to completely replace your toilet, consider a Dual-Flush Kit. This can be installed on the toilet you already have, and will allow you to save both water and money⁵!

¹Constellation. 2017. "How to Choose a Low-flow Shower Head?" <https://blog.constellation.com/2017/06/23/best-low-flow-shower-heads/>

²EPA. 2020. "Showerheads." <https://www.epa.gov/watersense/showerheads>

³Constellation. 2017. "How to Choose a Low-flow Shower Head?" <https://blog.constellation.com/2017/06/23/best-low-flow-shower-heads/>

⁴Piedmont Environmental Council. 2009. "Aerator & Shower Head Video." <https://youtu.be/6qDXk-h0Mys>

⁵ElementalGreen. 2020. "All You Need to Know About Low-Flow Toilets." <https://elemental.green/all-you-need-to-know-about-low-flow-toilets/>