

## Energy Saving Tips

from the MSU Extension Housing and  
Environmental Health Program



### Low flow showers offer comfortable energy savings

Saving energy doesn't mean sacrificing comfort. That's especially true when replacing your old energy guzzling shower head. Many old shower heads spray five to six gallons of water per minute. A good quality low flow shower head cuts that hot water use in half.

You can find a low-flow shower head that gives a robust shower. In fact, you may find that you like the new shower head better than the old one. And, at a cost of less than \$20 you can be assured that the new shower head will pay for itself in four months or less.

If you want to see how much water your current shower head uses, simply cut an opening in a one gallon milk jug and hold it under the shower. Use a stop watch or the second hand on your watch to see how long it takes to fill the milk jug. Divide 60 by how many seconds it took to fill the milk jug and you will know how many gallons per minute your shower uses. If it uses over three gallons per minute, finding a good replacement that uses less water will knock dollars off your next energy bill.

Keep in mind that a shower always uses less water than a bath. To save even more money, take shorter showers. For every minute you cut off your daily shower time, you save gallons of water and dollars on your monthly energy bill.

**For free information and energy saving tips, contact the MSU Extension Housing and Environmental Health Program at (406) 994-3451. Download free energy brochures at <http://www.weatherization.org/energytopics.htm>**



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