



WORKSHOP  
2026

# ENERGY SAVING KITS



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26



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**60W**  
EQUIVALENT BULB

# PHILIPS LED

**Manufacturer:** Philips

**Wattage:** 60W (Equivalent) / ~8W (Actual power usage)

**Description:** This high-efficiency LED bulb gives you bright light while using very little power. It creates a crisp, warm glow that is perfect for any room in your home. Switching to these bulbs is one of the easiest ways to lower your electricity costs.



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# HOW TO USE IT

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1. **Power Off:** Switch off the light and let the old bulb cool.
2. **Remove:** Rotate the old bulb counter-clockwise to unscrew.
3. **Install:** Insert the new LED and rotate clockwise until snug.
4. **Turn On:** Flip the switch for instant, full brightness.



## HOW IT SAVES ENERGY

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**Less Heat:** They don't waste power heating up your room.

**Less Power:** They use very little electricity to stay bright.

**Long Lasting:** Since they don't "burn out" from heat, they last for many years.





**18GPM**  
GALLONS/MINUTE

# WATERPIK

**Manufacturer:** Waterpik

**Flow Rate:** 1.8 GPM (Gallons Per Minute)

**Description:** This system has a large rain shower head and a handheld wand you can move around. It uses special pulsing water to massage your scalp and muscles. It comes with a long 8-foot hose and is super easy to install yourself without any tools.



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# HOW TO USE IT

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1. **Remove:** Unscrew your old shower head (counter-clockwise).
2. **Clean:** Wipe the shower arm threads clean.
3. **Attach:** Hand-tighten the new diverter bracket onto the arm.
4. **Connect:** Attach the rain head to the top and the wand hose to the side.
5. **Customize:** Use the diverter to toggle between heads and the dial for 7 spray modes.



**Video :** [https://youtu.be/V7mP5DtRO\\_I?si=-yl6gf01jxfEUzzK](https://youtu.be/V7mP5DtRO_I?si=-yl6gf01jxfEUzzK)

**Search for:** How to Install the Waterpik Hair Wand Spa System



## HOW IT SAVES ENERGY

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**Uses Less Water:** It uses a special design to make the spray feel powerful with less water.

**Saves Heat:** When you use less hot water, you save the electricity or gas used to heat it.

**Lower Bills:** It helps you save money on both your water and energy costs every month.

# NIGHT LIGHT

**0.6W**  
EQUIVALENT BULB



**Manufacturer:** Briignite

**Power Consumption:** 0.6W (Energy-efficient LED)

**Description:** This light turns on automatically when it senses movement, so you don't have to look for a switch in the dark. It gives off a soft, warm glow and is thin enough that it doesn't block the other plug in your wall outlet.



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# HOW TO USE IT

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1. **Plug In:** Just push the night light into any standard indoor wall outlet.
2. **Positioning:** Make sure the front of the light isn't blocked so it can "see" you walking by.
3. **Auto-Activation:** The light stays off during the day to save power. In the dark, it turns on when it feels you moving and turns off after about a minute of quiet.
4. **Hands-Free:** You don't need to touch any switches—it works all by itself to keep you safe in hallways or bathrooms at night.



## HOW IT SAVES ENERGY

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**Uses Less Power:** This LED light uses only 0.6 watts, which is much less electricity than a regular lamp.

**Smart Sensor:** It only turns on when it is dark and you are moving, so no energy is wasted during the day.

**Long Lasting:** The bulb stays cool and lasts for a very long time, helping you save on replacement costs.

# WEATHER STRIPS



**Manufacturer:** ESUFEIR

**Material:** Nylon, Polyurethane (PU)

**Description:** This sticky foam strip stops cold air, loud noise, and dust from leaking into your home. Its triangle shape can squish down to fit into gaps of all sizes, making it a great way to seal up windows and doors to keep your house warm.



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# HOW TO USE IT

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1. **Clean:** Wipe the frame and let it dry.
2. **Measure:** Hold the strip against the gap and cut to size.
3. **Peel:** Remove the adhesive backing.
4. **Press:** Firmly stick the strip into the door frame.
5. **Test:** Close the door to ensure a snug, draft-free seal.



**Video :** <https://youtu.be/rnRivqPaFw0?si=qzT1F7Wp1wba-vPM>

**Search for:** How to Weatherstrip Doors To Stop Draft & Noise

**Tear Resistant**  
Polyethylene Cover (PE)

**High Resistant**  
Polyurethane (PU)

**Strong**  
Backing Adhesive

## HOW IT SAVES ENERGY

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**Less Energy Used:** When your heater or air conditioner doesn't have to run as much, you save a lot of energy.

**Lower Bills:** Using less energy means your family saves money on your monthly bills.

**Smaller Carbon Footprint:** Most energy comes from burning fuels that can hurt the air. By sealing up cracks, we use less fuel and help the environment.



# FAUCET AERATORS

**Manufacturer:** Arbootjin

**Material:** Copper

**Description:** This 2-mode faucet attachment helps you reach every part of your sink. The head spins all the way around so you can use a strong spray for cleaning or a soft stream for rinsing. It makes washing dishes easier while using less water.



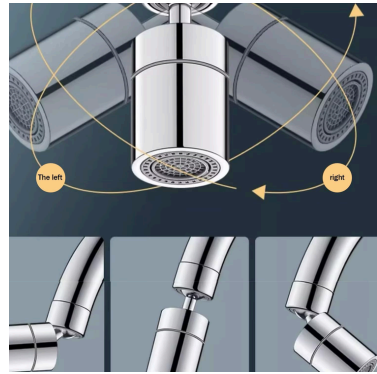
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# HOW TO USE IT

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1. **Remove:** Unscrew the existing aerator from your faucet (use pliers if it's tight).
2. **Clean:** Wipe the faucet threads to remove any old sediment or debris.
3. **Prepare:** If your faucet has inside threads, keep the adapter on. If it has outside threads, remove it.



4. **Attached:** Hand-tighten the new aerator clockwise until snug. Use the rubber washers to ensure a leak-free seal.



## HOW IT SAVES ENERGY

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**Less Water:** You save a precious resource.

**Less Heat:** You save the energy used to make water hot.

**Less Pumping:** It takes energy for your city to pump water to your house; using less water means less pumping energy is needed!



# FRIDGE AND FREEZER THERMOMETER

**Manufacturer:** AMIR

**Temperature Tracking:** Monitors from -4°F to 122°F, providing total coverage for both deep freezers and standard refrigeration.

**Description:** This digital thermometer helps you find the ideal temperature for your appliances. If a fridge is too cold, it uses too much electricity and wastes money. If it is too warm, your food might spoil. By using this tool to reach the most efficient settings, you can keep your food fresh and save energy at the same time



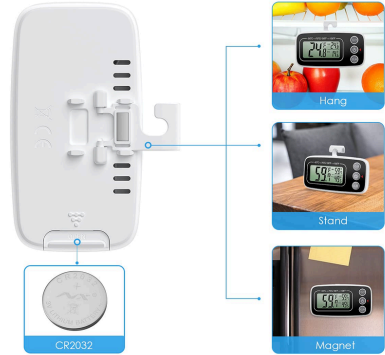
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# HOW TO USE IT

- 1. Placement:** Use the fold-out hook to hang it from a shelf, or use the magnets on the back to stick it to something metal.
- 2. Read:** Look at the large screen to see the temperature right now, plus the highest and lowest temperatures it has recorded.
- 3. Reset:** Press the CLR button to erase the old high and low temperatures and start a new record.

## 3 SUPPORT METHODS



## EASY TO OPERATE



## HOW IT SAVES ENERGY

**Top Wasting Power:** If your fridge is too cold, you are throwing away money. This tool helps you find the "perfect" temperature so you save on every electric bill.

**Less Pollution:** Using less electricity means power plants don't have to burn as much fuel. This is a simple way to help the Earth from your own kitchen.

# SMART POWER BAR

1250W



**Manufacturer:** mifaso

**Key Features:** This tower lets you plug in 12 regular cords and 4 USB cables at the same time. It has both USB-A and USB-C ports to charge all your different phones and tablets.

**Description:** This space-saving tower keeps your desk neat by plugging all your devices into one spot. It has a long 10-foot cord and a flat plug that fits easily behind furniture. A built-in safety switch protects your electronics from power spikes.



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# HOW TO USE IT

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1. **Place:** Position the tower on your desk or floor.
2. **Connect:** Plug the flat, angled cord into your wall outlet.
3. **Power:** Use the 12 AC outlets for all your devices.
4. **Charge:** Utilize the 4 USB ports for phones and tablets.
5. **Reset:** If power cuts, press the "Reset" button on the base.



## Smart USB Charging Station



USB-C Port  
3A MAX



USB-A Port  
2.4A MAX



## HOW IT SAVES ENERGY

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**No More Waste:** This stops electricity from flowing into machines that are "sleeping" and not being used.

**Automation:** It does the work for you by turning off your electronics as soon as you stop using them!

# DOOR DRAFT STOPPER



**Manufacturer:** SYIPO

**Material:** Silicone

**Description:** This heavy-duty door seal is made of strong, flexible rubber to block cold drafts, dust, noise, and bugs. It has a sticky back that stays put on almost any door and a thick, multi-layer design that fills in even large gaps. This helps keep your home warm in the winter and cool in the summer.



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# HOW TO USE IT

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1. **Clean:** Wipe the bottom of the door clean and dry.
2. **Measure:** Measure your door width and cut the stopper to fit.
3. **Align:** Position the seal flush against the bottom of the door.
4. **Secure:** Peel the adhesive backing and press firmly into place.
5. **Test:** Open and close the door to ensure a smooth, draft-free fit.



## HOW IT SAVES ENERGY

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**No Energy Needed:** It works naturally by blocking air like a solid wall.

**Less Fuel Burned:** Keeping heat inside means you burn less gas or oil to stay warm.

**Recycled Materials:** These are often made from recycled materials, making them a great choice for the planet.



# RETRACTABLE CLOTHESLINE

**Manufacturer:** JMGO

**Material:** Plastic

**Description:** This laundry line uses a tough fiber rope that can hold up to 30 pounds without twisting or kinking like metal wires do. It is perfect for heavy items like quilts or wet towels that might be too bulky for a regular dryer. For the best results, hang your heaviest laundry near the ends of the line to keep it from sagging in the middle.



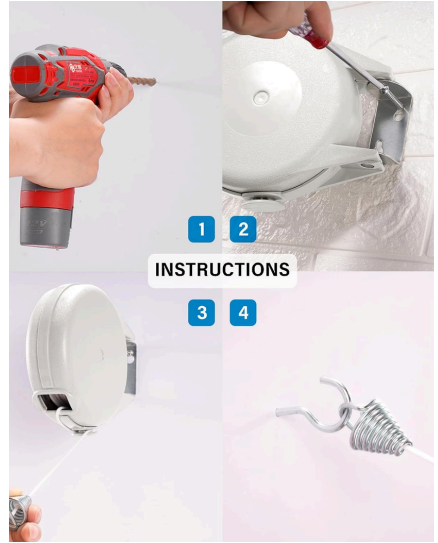
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# HOW TO USE IT

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1. **Mount:** Secure the swivel base to a wall or post.
2. **Extend:** Pull the line to the opposite wall and hook it.
3. **Lock:** Wrap the rope around the bottom cleat to tighten and prevent sagging.
4. **Retract:** Unhook the line to let it reel back into the housing when finished.



## HOW IT SAVES ENERGY

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**Zero Emissions:** Hanging clothes creates no CO2, which keeps the air clean for everyone.

**Save Big Money:** The dryer is one of the most expensive machines to run. Skipping it saves a lot of cash.

**Fresh Air:** Clothes dried by the wind and sun smell much fresher than clothes from a machine!



# FURNACE FILTER WHISTLE

**Manufacturer:** New Resources Group

**Key Features:** This tool whistles when your filter is 50% clogged. It uses air pressure to tell you exactly when to get a new one, which saves energy and protects your furnace.

**Description:** Think of this like an alarm clock for your furnace. You simply attach it to your filter, and when the filter gets too dirty, the air pressure makes the device whistle. This reminds you to change the filter before it gets too clogged, helping your furnace "breathe" easier and run more efficiently.



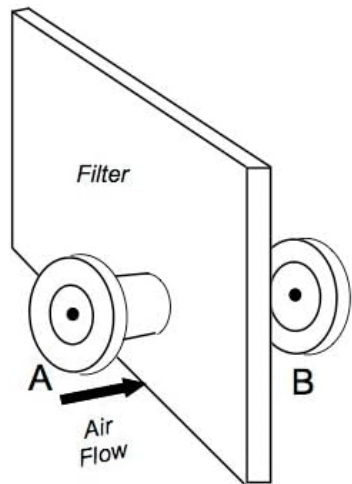
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# HOW TO USE IT

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1. **Install:** Snap the two whistle pieces together through the fabric of a new, clean filter.
2. **Monitor:** Put the filter in your furnace. It will stay quiet while the air is flowing through easily.
3. **Listen:** When you hear a whistle, the filter is dirty. That means it's time to change it!
4. **Reuse:** Just pop the whistle off and snap it onto your next fresh filter.



## HOW IT SAVES ENERGY

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**Less Electricity:** Helps the furnace motor run smoothly so it uses the smallest amount of power.

**Longer Life:** Keeps your furnace in good shape so it stays out of the landfill for a long time.

**Smart Reminders:** It's an easy way to be an energy-saving expert without needing to check the calendar!

# BLOCK HEATER TIMER



**Manufacturer:** BN-LINK

**Key Features:** Use your voice or a schedule to control devices from anywhere. This works with Alexa or Google Assistant to run your home automatically from your phone.

**Description:** This tough outdoor plug lets you control things like your car's block heater directly from your phone. It is built to work in harsh weather like rain or snow. It connects to your home's Wi-Fi so you can set timers, and it has been officially tested to be extra safe for your home.



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# HOW TO USE IT

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- 1. Mount:** Hang the device 2 feet up with the plug pointing down. This keeps water and snow from breaking it.
- 2. Pair:** Hold the power button for 5 seconds until it blinks. Connect it to your Wi-Fi using the HBN Smart app
- 3. Control:** Use the app to set timers or use your voice with Alexa or Google Assistant



## HOW IT SAVES ENERGY

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**No Wasted Watts:** You only use the electricity you actually need.

**Less Carbon:** You burn less gas in your driveway.

**Saving Money:** Your electric bill stays low even in the middle of a freezing winter!



# WINDOW FILM

**Manufacturer:** 3M

**Recommended uses for product:** Thermal Insulation

**Description:** A tight shield that traps heat inside and keeps the cold out. It's a cheap way to make your home warmer and quieter in minutes without needing to buy expensive new windows.

## HOW TO USE IT

- 1. Apply:** Put the special double-sided tape all the way around your window frame.
- 2. Attach:** Press the clear plastic film onto the tape so it covers the whole window.
- 3. Shrink:** Use a hair dryer to heat the film until it pulls tight and looks clear like glass.

## HOW IT SAVES ENERGY

**Stay Toasty:** Makes old windows work like expensive new ones to keep you warm.

**Clear Savings:** The film is see-through, so you get sunlight while keeping the heat inside.

**Low Cost:** One of the cheapest ways for a family to lower their heating bills fast.



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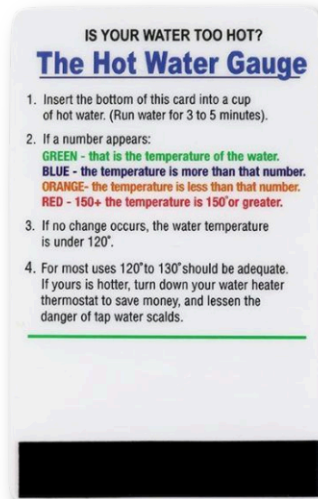


# HOT WATER TEMPERATURE CARD

**Manufacturer:** AMC  
AMC109-G

**Size :** 3.375" x 2.5" x .25"

**Description:** This simple, battery-free thermometer helps you check if your water heater is working correctly. It shows you if your water is set too high, so you can stop wasting energy and keep from getting burned by hot water.



## HOW TO USE IT

1. **Run:** Turn on the hot water tap farthest from your heater for 3–5 min
2. **Dip:** Fill a cup and dip the card in for a few seconds.
3. **Read:** Check the color-changing strip against the guide on the card.
4. **Adjust:** If it's over 120°F, turn down your heater to save money.

## HOW IT SAVES ENERGY

**Huge Carbon Savings:** Heating water is usually the second biggest energy cost for a home.

**Less Fuel:** Turning the temperature down is a super fast way to use less gas or electricity.

**No Cost:** Once you change the setting, you save money automatically forever!

# PIPE INSULATION CARD



**Manufacturer:** Wazitin

**Material:** Neoprene Rubber and Fiberglass Aluminum Film

**Description:** This tough foam is built to last. It won't be ruined by water, oil, or rust. Each piece is about 1.3 feet long and fits perfectly over standard water pipes. It has a sticky strip and is already split down the middle, so you can easily wrap it around a pipe and seal it shut. It stays on tight and won't peel off, even if it gets really wet or stays outside.



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# HOW TO USE IT

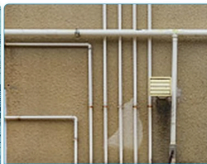
1. **Clean & Clip:** Wipe the pipe and snap the pre-slit tubing over it.
2. **Seal:** Peel the self-adhesive backing and press the edges to lock it.
3. **Trim:** Use scissors or a knife to cut the segments to your needed length.



## WIDELY USED



Outdoor Pipe



Hot and Cold Water Pipe



Air Conditioner Condenser Pipe



Solar Water Heater Tubes

## HOW IT SAVES ENERGY

**Less Water Waste:** You don't have to run the tap as long to get the right temperature.

**Lower Heating Bills:** Your water heater works less because the foam keeps the heat inside.

**Recyclable:** These wraps are often made from recycled materials!



# WOOL DRYER BALLS

**Manufacturer:** Lypumso

**Key Features:** These dryer balls are made of 100% natural wool. They can be reused over 1,000 times, which saves you a lot of money compared to buying boxes of dryer sheets.

**Description:** These wool balls help your clothes dry faster by bouncing around and separating your laundry so more air can flow through. They also soften your clothes and stop static and wrinkles without using any extra chemicals.



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## 5 Troubles Solved



Remove wrinkles



Absorb stain



Remove hairball



Soften clothes



Eliminate static

## HOW TO USE IT

1. **Toss:** Use 3 balls for small loads and 6 balls for big, heavy loads.
2. **Dry:** Run your dryer as usual. Your clothes will dry much faster because the balls help the warm air move around.
3. **Scent:** For a nice smell, put 2 or 3 drops of essential oil on a ball and let it dry before use.

## HOW IT SAVES ENERGY

**Faster Drying:** Your dryer finishes much sooner, which saves a lot of electricity.

**Nature-Powered:** The balls bounce to help air move, so clothes dry faster.

**Sustainable:** Wool is a natural material that is safe for the planet.

# Building a Sustainable Future, One Home at a Time

## Keeping the Heat In

- Weather Strips: Sealed the gaps around my doors.
- Window Film Kit: Gave my windows a "winter coat."
- Door Draft Stopper: Blocked the cold air "snakes."
- Furnace Filter Whistle: My furnace is breathing easy!

## Saving Every Drop

- Waterpik Showerhead: High pressure, low water waste.
- Faucet Aerators: Mixed air with water to save more.
- Pipe Insulation Card: Kept my hot water pipes cozy.
- Hot Water Temp Card: Found the "Goldilocks" temperature.

## Smart Power & Lights

- Philips LED Bulbs: Swapped out old, hungry bulbs.
- Night Light: Light only when I need it.
- Smart Power Bar: Defeated the "Electricity Vampires."
- Block Heater Timer: Stopped wasting power at night.

## Energy-Smart Laundry & Kitchen

- Retractable Clothesline: Used the power of the air.
- Wool Dryer Balls: Cut my drying time down.
- Fridge/Freezer Thermometer: Kept my food perfectly chilled.

## "Small Changes, Big Impact"

By finishing this checklist, you are helping the planet and keeping more money in your pocket. These 15 items work together to make your home a leader in being eco-friendly. Thank you for being a part of the EERP community!

## Questions or need help?

- EERP Program Inquiries: 1-877-458-8684 | [eerp@metishousing.ca](mailto:eerp@metishousing.ca)
- Technical Partner (Enerva): [info@enerva.ca](mailto:info@enerva.ca)



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