

TABLE OF CONTENTS

INTRODUCTION1
HOW THE PROGRAM WORKS5

SECTION ONE – COOL LIFESTYLE PRACTICES

1. DUMPING ON GARBAGE – Reducing Solid Waste.....7
2. AM I CLEAN YET? – Reducing Hot Water Used in Showers9
3. SCRUB-A-DUB TUB – Reducing Water Used for Washing Dishes.....10
4. WEAR IT AGAIN SAM – Washing and Drying Clothes Efficiently11
5. BETTER A SWEATER – Turning Down the Heating Thermostat13
6. CHILL-IN – Cooling Your House More Efficiently.....14
7. THINK BEFORE YOU GO – Reducing Vehicle Miles Traveled.....16
8. DRIVE EARTH SMART – Fuel Efficient Driving.....19

SECTION TWO – COOL HOUSEHOLD SYSTEMS

9. MEET YOUR WATER HEATER –
 Making Your Water Heater Efficient21
10. LIGHT OF YOUR LIFE – Installing Energy Efficient Lights23
11. CHILL OUT – Sealing Air Leaks.....25
12. FURNACE FLING – Tuning Up Your Furnace26
13. A SUSTAINABLE ENERGY HOUSEHOLD –
 Achieving Maximum Energy Efficiency.....27
14. GREEN POWER – Switching to Renewable Energy.....29
15. IS YOUR CAR PHYSICALLY FIT? – Maintaining an Efficient Car.....30
16. BEFRIEND AN EARTH-SMART AUTO –
 Buying a Fuel-Efficient Car31
17. CARBON NEUTRAL –
 Neutralizing Your Carbon Dioxide Footprint.....33





SECTION THREE – EMPOWERING OTHERS TO LOSE UNWANTED POUNDS

18. PSST... SAVE THE PLANET, PASS IT ON –

Encouraging People You Know to Go on a Low Carbon Diet37

19. A COOL PLACE TO WORK –

Helping Your Workplace Reduce its CO₂ Footprint39

20. A COOL COMMUNITY –

Helping Your Community Go on a Low Carbon Diet40

21. A COOL CITIZEN –

Helping Your Community Set Up CO₂ Reduction Systems.....42

22. A COOL SCHOOL – Helping Children Adopt Environmentally

Sustainable Lifestyles.....44

SECTION FOUR – CO₂ REDUCTION ACTION PLAN

CO₂ REDUCTION ACTION PLAN47

SECTION FIVE – PROGRAM SUPPORT TOOLS

INTRODUCTION.....53

TEAM INITIATOR GUIDELINES.....54

INFORMATION MEETING GUIDE55

TEAM BUILDING MEETING GUIDE57

TOPIC MEETING ONE GUIDE – Cool Lifestyle Practices.....59

TOPIC MEETING TWO GUIDE – Cool Household Practices.....62

TOPIC MEETING THREE GUIDE – Empowering Others to Lose

Unwanted Pounds65

SOURCES67

ABOUT THE AUTHOR.....69

FURTHER RESOURCES.....70