

Wildflower "Super Cooler" Report Form

Thank you so much for participating in the Wildflower Super Cooler program!!

So that you and other Super Coolers can be recognized at the **Earth Day service on April 20**, (and so we can prepare a summary of how many people did what, for inclusion in a press release) please check the 15 (or more) steps that you have done this year. It's ok to include changes you've initiated before this year. Return the completed form (or you can email the numbers of the steps you did), to Karen Schrupp, kasa1947@hotmail.com, or Judy Morgan, judymorgan711@yahoo.com, or leave at the Social Action Table, by **April 7**. If you haven't yet made the pledge – it's not too late! – the complete form is downloadable at www.wildflowerchurch.org (go to Social Action).

Check	#	Step
	1	Set thermostats to 78 degrees or higher in summer; 68 or lower in winter
	2	Set water heat at 120 degrees, refrigerator 36-38, freezer 0-5
	3	Change or clean air filters monthly or when dirty
	4	Use low flow showerheads (or shower with a friend!!)
	5	Explore at least one of the ways suggested by Austin Energy to reduce heating/cooling needs
	6	Use compact fluorescent light (CFL) bulbs
	7	Keep dust off lampshades and light bulbs, and turn lights off when not needed
	8	Fully load clothes and dish washers. Let dishes air dry at end of cycle.
	9	Use warm and cool water to wash clothes, and hang dry clothes
	10	Run major appliances in morning or late evening to avoid peak energy use hours
	11	Buy Energy Star appliances and electronics
	12	Use power strips to turn off electronic devices rather than use 'stand by'
	13	Properly maintain your vehicle including replacing air filters regularly
	14	Be sure tires are properly inflated
	15	Use alternative forms of transportation – bus, carpooling, bicycling, walking
	16	Drive less and plan your trips to reduce miles traveled
	17	Use reusable items where possible, minimize packaging, recycle
	18	Shop at secondhand stores and garage sales
	19	Buy locally grown food and locally produced goods
	20	Bring your own reusable bags when you shop
	21	Eat more vegetarian meals, especially avoiding factory-farm meats
	22	Plant a tree
	23	Talk! Raise awareness by talking with friends, family, etc., and urge legislators to act NOW!

Yes, I/we completed these 15 (or more) steps, to be a Wildflower Super Cooler!

Name(s): _____

Email Address: _____