



Cool Congregations

2-1. CARBON FOOTPRINT CHECKLIST-

Here's what you need to use the Cool Congregations calculator:

1) GENERAL INFORMATION: Print clearly. Someone else may be entering your data.

Email Address: _____ (So we can send you your data and reports)

State: **Michigan** (It should be set by default by the calculator. Check to make sure it is correct.)

Family Surname: _____ (Used to identify reports and file that get created for you.)

of Family Members: _____ (Customizes the size of the input form, summary report, & pledge sheet)

of Automobiles/Vehicles: _____ (Customizes the size of the input form, summary report, & pledge sheet)

2) TYPE OF MEALS / WEEK: For each family member indicate the **number of each type** of meals eaten per week in the table below. Include their first name as each individual will be tracked on the summary sheet and pledge sheet pie chart. The number of meals should add up to 21 meals/ week. The calculator can accommodate families as large as 12 members.

Standard Meal: A standard meal consists of meat, poultry, fish, dairy (milk, butter, cheese, and yogurt), and eggs.

Vegetarian Meal: A vegetarian meal contains **NO** animal flesh (meat, poultry, fish or seafood). It may contain dairy (milk, butter, cheese, and yogurt) and eggs.

Vegan Meal: A Vegan Meal contains **only** plant-based foods. It does **NOT** contain any animal flesh (meat, poultry, fish, or seafood), dairy (milk, butter, cheese, or yogurt), eggs or other animal products such as honey.

	Individuals Name	Standard Meals / Week	Vegetarian Meals / Week	Vegan Meals / Week
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Note: The calculator is based on eating 3 meals /day. If you eat only 2 or 1 meals /day you still need to enter 21 meals / week instead of 14 or 7. Split the 21 meals proportionally based on the type of meals you consume. The reason for this is that the basal metabolism for all people is roughly the same whether you get your energy needs from 1, 2, or 3 meals. What is important is not how many times a day you eat but the number of calories you intake and their source.





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3) MILES DRIVEN and MILES PER GALLON: Estimate for each car for the last 12 months. (Don't know? Go to www.fueleconomy.gov. In the lower left-hand corner of the page select "MPG estimate from Users," then select your make and model and choose the EPA combined average.) (The average U.S. resident drives 15,000 miles per year.)

Car #	Year	Make	Model	Current Odometer Reading	Annual Mileage	MPG(mile per gallon)
1						
2						
3						
4						

The calculator will handle up to 4 vehicles per family. Have you remembered to include all automobiles, trucks, motorcycles, RV's, ATV's, motor boats, or snowmobiles?

4) FLIGHT MILES: Estimate of the miles flown by *each* member of your family for the last 12 months. Don't know? Go to www.webflyer.com/travel/milemarker/. Select cities flown to and from to get miles traveled. Count each flight for each family member separately, even if they flew on the same flight.

Total Flight Miles for all family members: _____

5) UTILITY INFO: Gather totals for the last 12 months.

Electricity (kWh) _____

Natural Gas (therms) _____

(If units on bill are in "mcf," then 1 mcf x 10.3 = 1 therm)

(If units on bill are in "ccf", then 1 ccf x 1.03 = 1 therm)

If you can't get your actual data because you live in a multi-unit building, 1,400 therms is the annual average for a Michigan household)

I don't keep 12 months of utility bills. Can I get this information from my utility provider? YES! Ask for your usage (not dollar amounts) over the phone, or go to their web sites:

Call DTE Energy, at 1-800-477-4747 or visit www.mydteenergy.com

Call Consumers Energy at 1-800-477-5050

Call Lansing Board of Water and Light at 517-702-6000

6) GARBAGE (Total gallons per week) _____ (kitchen bags are 13 gallons, large garbage bags are 33)



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