

*Low Carbon Diet* is grounded in a proven behavior change and community empowerment methodology, developed over 25 years of research. This methodology has helped over 250,000 people reduce their environmental footprint by 25% and has been successfully implemented in dozens of communities. Now, through its Cool Community Campaign, it is making its powerful grassroots organizing tools and expertise available to Season for the Earth communities nationwide. Below you'll find resources to help empower your community to reduce its carbon footprint.

[Low Carbon Diet program overview](#): Outlines the *Low Carbon Diet* and Cool America Campaign

[Cool America flier](#): this provides an overview of Cool America's goals and strategies for empowering communities to reduce their carbon footprint by 20%.

[Cool Community Capacity Building Program flier](#): outlines the nuts and bolts involved in spearheading a local Cool Community Campaign.

[Cool Community Corps flier](#): outlines a program for mobilizing student participation in Cool America, in partnership with the American College & University Presidents' Climate Commitment.

[Cool Corporate Citizen brochure](#): outlines the *Low Carbon Diet* Cool Corporate Citizen program, which supports businesses in engaging their employees in personal/household carbon reduction and, through employee volunteerism, driving a community-wide carbon reduction campaign.

[Global Warming Café Workshop resources](#):

A Global Warming Café is an easy-to-deliver three-part workshop designed to engage participants emotionally in the issue of climate change, lay out the *Low Carbon Diet* action plan and invite participation in EcoTeams and a Cool Community Campaign. Available in two and four hour formats.

[Global Warming Café Workshop hosting guide and script: 4-hour version](#)

[Global Warming Café Workshop hosting guide and script: 2-hour version](#)

[Low Carbon Diet one-hour intro presentation and slideshow script](#)

An easy-to-deliver slideshow presentation to introduce people to the *Low Carbon Diet* and Cool Community Campaign

[Printable Low Carbon Diet mail-in book order form](#)

[Printable Low Carbon Diet "carbon counter"](#): This one page quick-reference guide makes a great low-cost handout at introductory events.

-*Woodstock Times* article on the Global Warming Café

-*Christian Science Monitor* article on *Low Carbon Diet*.

Additional links

Learn about the children's book: *Journey for the Planet: A Kid's 5-Week Adventure to Create an Earth-friendly Life*: <http://www.empowermentinstitute.net/journey>

[Low Carbon Diet Power Point Presentation](#) (ppt 44 mb download) For use in Global Warming Cafés and *Low Carbon Diet* presentations

[Low Carbon Diet slideshow in PDF format](#) (pdf 3.2 mb)

[Cool Community Campaign Tele-training](#) – A basic training in the core elements of the program (Free live 2-hour training)