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Choose one habit that you would like to work on and one you are proud of to reflect upon.

1. I would like to change the foods that me and my family choose to buy from the store. I did not think much about the amount of plastic packaging on lots of the products we buy and I think it is important that we change that. Additionally, I want to start limiting the meat in my diet.
2. I am proud that we have reusable bags in our car that we bring with us everywhere to use for groceries or when we go out shopping. This habit has surely decreased our plastic use by a lot.

Choose one of Global Footprint Network's [steps](#) (or make your own!) to help #MoveTheDate and answer the following questions to see how your personal footprint contributes to "global overshoot."

– Which steps can you take to push back your personal Overshoot date?

I will start buying clothes with more thought in mind of if I truly need them. When going shopping, I will also start to consider buying from second hand stores as they have great unique finds and are better for the environment.

– What changes can you make alongside those you live with to reduce your footprint at home?

In order to push back our personal Overshoot date at home, we can pay much closer attention to the products we eat. Lots of companies use too much plastic packaging and by buying from them, it is encouraging that behavior. We also can watch the amount of meat we eat and try to limit that by going meatless some days.

– Using resources available to you (apps, colored pencils, search engines, etc.), create an infographic around your pledge to reduce your footprint.

– Share the infographic on Instagram with a caption including your pledge. Be sure to tag @TurningGreenOrg, @GlobalFootprintNetwork and #PGC2021.

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LTE

DONT\_BE\_TRASHY2021

Posts



dont\_be\_trashy2021



# Push back the OverShoot Day!



9% of human caused carbon emissions is due to livestock production globally



I pledge to reduce the amount of meat in my diet!

It takes 14x as much land to produce 1 ton of beef than it does 1 ton of grain



Limit meat in your diet for the health of the Earth and you!



dont\_be\_trashy2021 Today, I learned about Earth's Overshoot day. It was frightening to see how much we use and take from our Earth. I want to make a difference by limiting the amount of meat in my diet! @turninggreenorg @globalfootprintnetwork #pgc2021

11 seconds ago



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## Project

