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Greener

THINK

Everywhere we go and everything we do has an impact on both people and planet. Each year, the **Global Footprint Network** calculates *Earth Overshoot Day*, the date on which human demand for resources has exceeded what the Earth is able to regenerate in that calendar year. In 2023, Earth Overshoot Day was on August 2. This date has fluctuated in the past 50 years, from December 29 in 1970 to July 28 in 2022.

2020 was an unprecedented case. It was the first time the date was pushed *back* by 24 days, as the world had shut down due to the pandemic. With no travel, fossil fuel output and other human-caused pollutants decreased dramatically, providing a brief glimpse into how our planet could change rapidly for the better *if* we were to collectively commit to sweeping, urgent, meaningful environmental actions.

While knowing that corporations and countries *must* reduce emissions, consider how your individual behavior aligns with your goals for a greener planet.

CHALLENGE

- Learn how 2023's Earth Overshoot Day was **determined**.
- Choose one of Global Footprint Network's **steps** (or create your own) to help #MoveTheDate. 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?

      We all have different areas in which we directly or indirectly emit CO2 on a daily basis. However, we chose to focus on the areas that we had most control over and we find it realistic to make changes that we can adopt. We all have some degree of control over what we eat and where our food waste comes from. Therefore, after reflecting on our daily actions we discovered 3 major sources of food waste: Fruits and vegetables going bad, not using food items at its fullest and serving larger portions of food than we can consume. We connected this ideas with some resources, from which we found FoodPrint to be one of the most complete and helpful guides to learn about steps we can take.

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

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> The specific changes that we found realistic were: Better food planning and storage. We have specific examples of this such as making a weekly menu, and having a food inventory, so we can keep track of the food we have and its expiration date. Always prioritize eating fruits and vegetables, and check on them by having them in a visible place in the fridge or kitchen.

- Create an infographic around your pledge to reduce your footprint (in any form: hand-drawn, digital, Canva, etc.)
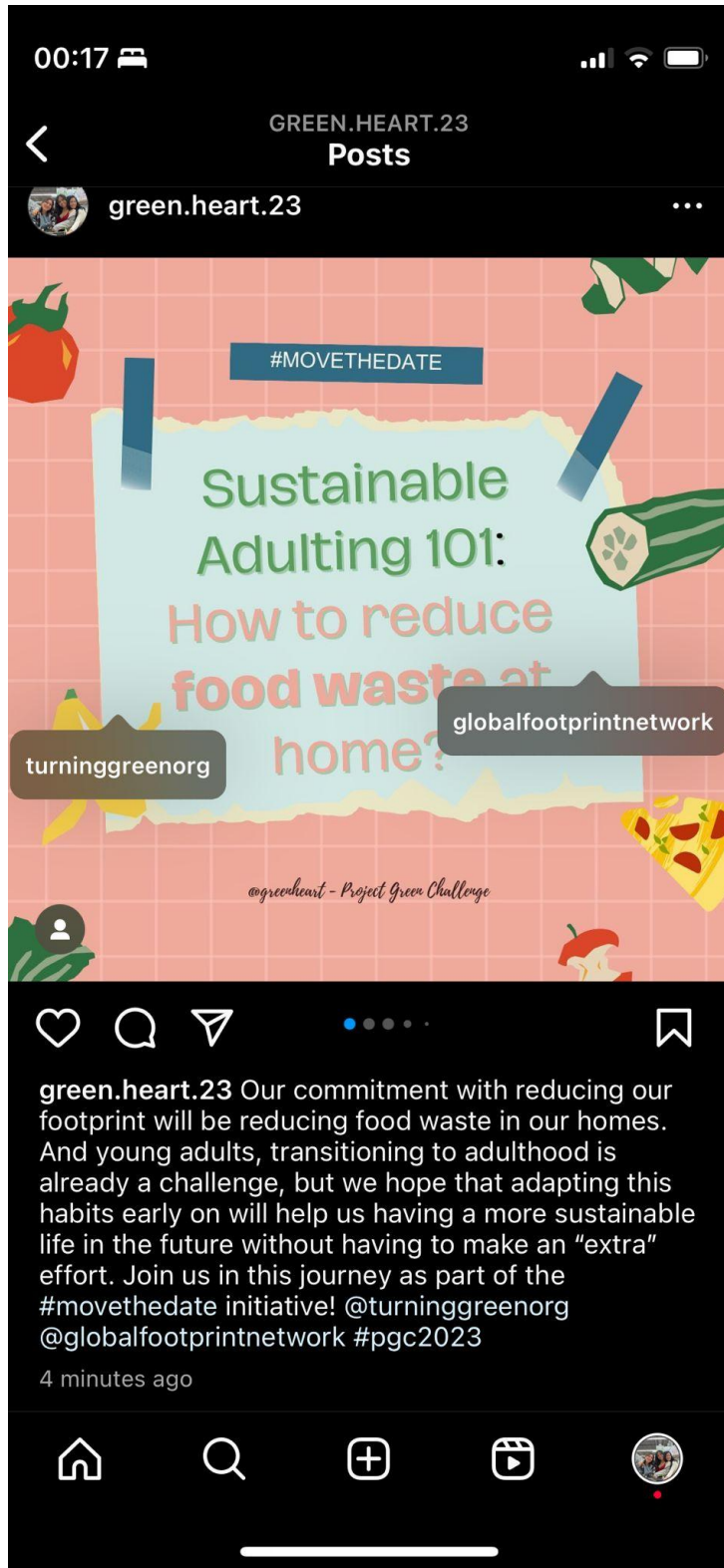
Share the infographic on Instagram with a caption including your pledge. Be sure to tag @TurningGreenOrg and @GlobalFootprintNetwork in the image *and* caption, as well as #PGC2023 and #MoveTheDate.

Instagram Post:

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"Globally, around 13 percent of food lost between harvest and retail, while an estimated **17 percent of total global food production is wasted** in households, in the food service and in retail all together"

United Nations (n/d) Reducing food loss and waste: Taking Action to Transform Food Systems. Available at: https://www.un.org/en/observances/end-food-waste-day

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Main sources of household **food waste**:

Food Spoilage

Due to:
Improper storage, lack of visibility in refrigerators, partially used ingredients and misjudged food needs.

Poor Planning

Because:
Without meal plans and shopping lists, we often make inaccurate estimates of what and how many ingredients we will use during the week.

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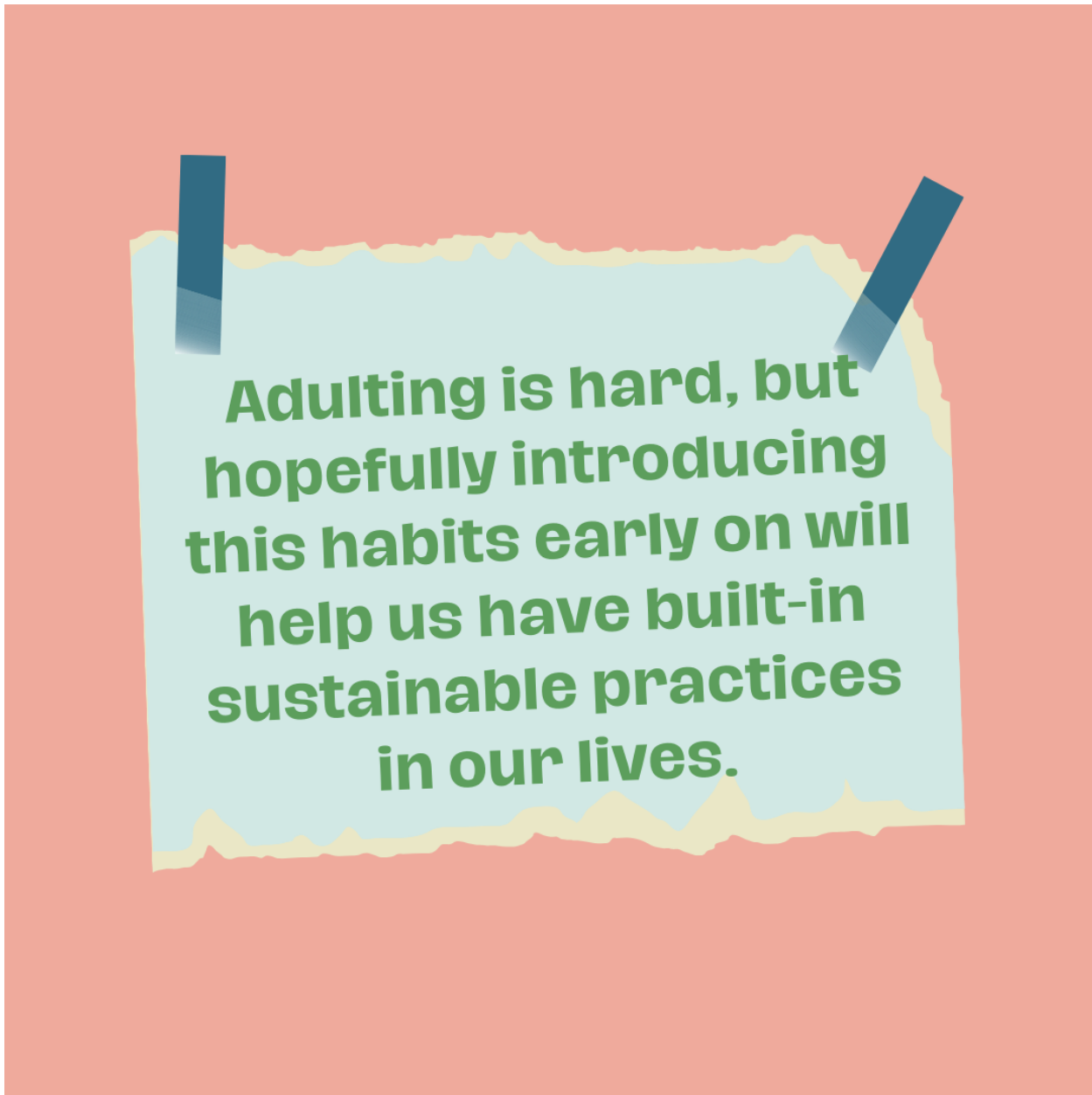
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Adulting is hard, but hopefully introducing this habits early on will help us have built-in sustainable practices in our lives.

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