

## 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 CO<sub>2</sub> 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.)

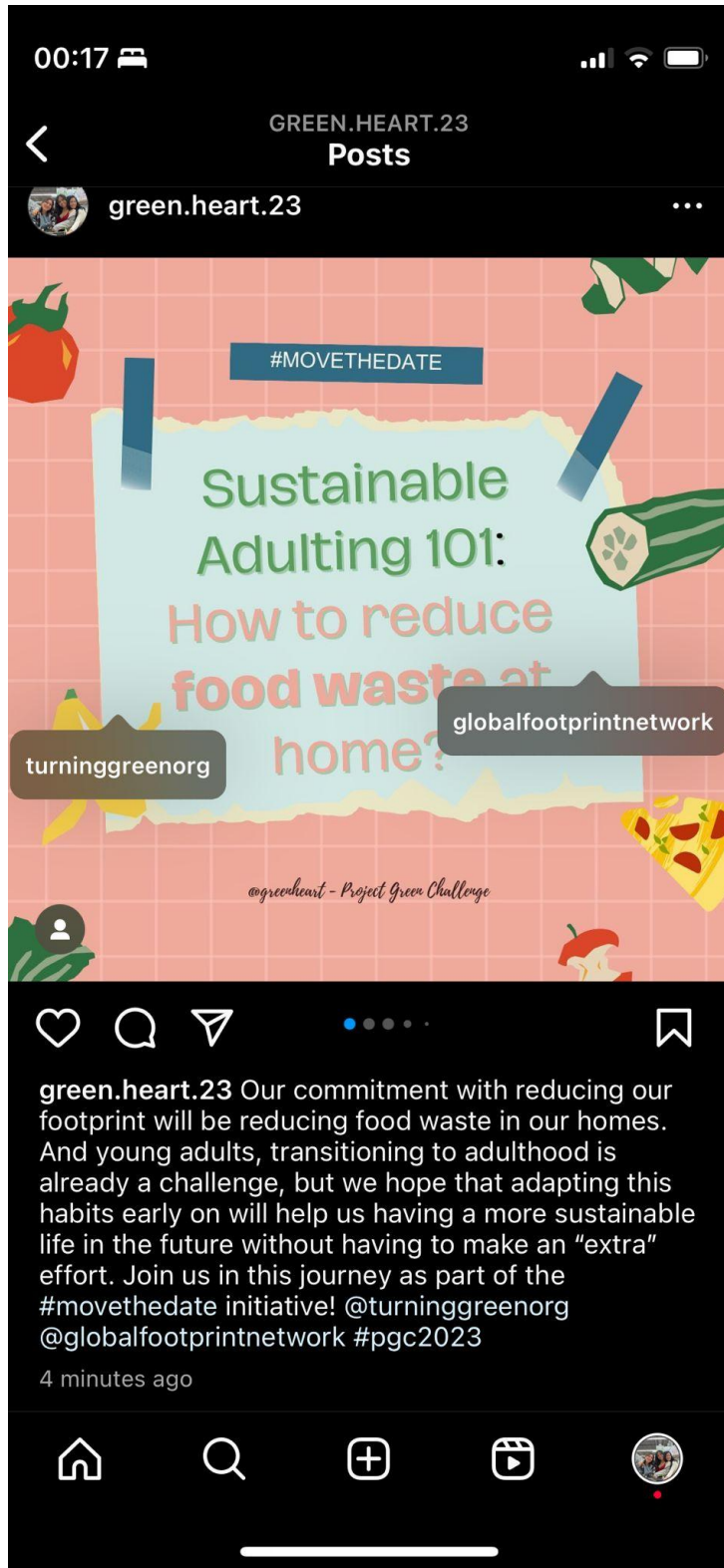
Share the infographic on Instagram with a caption including your pledge. Be sure to tag @TurningGreenOrg and @GlobalFootprintNetwork in the image *and* caption, as well as #PGC2023 and #MoveTheDate.

**Instagram Post:**

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*@greenheart - Project Green Challenge*

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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>

## 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.



# How can we reduce food waste?

## Visible and adequate storage



Check expiration dates



Research best ways to preserve food.



Don't delay putting food in the fridge



Declutter your fridge regularly



# How can we reduce food waste?

## Food Planning



Make a simple inventory of the food you have



Always have a shopping list



Plan meals and buy ingredients accordingly



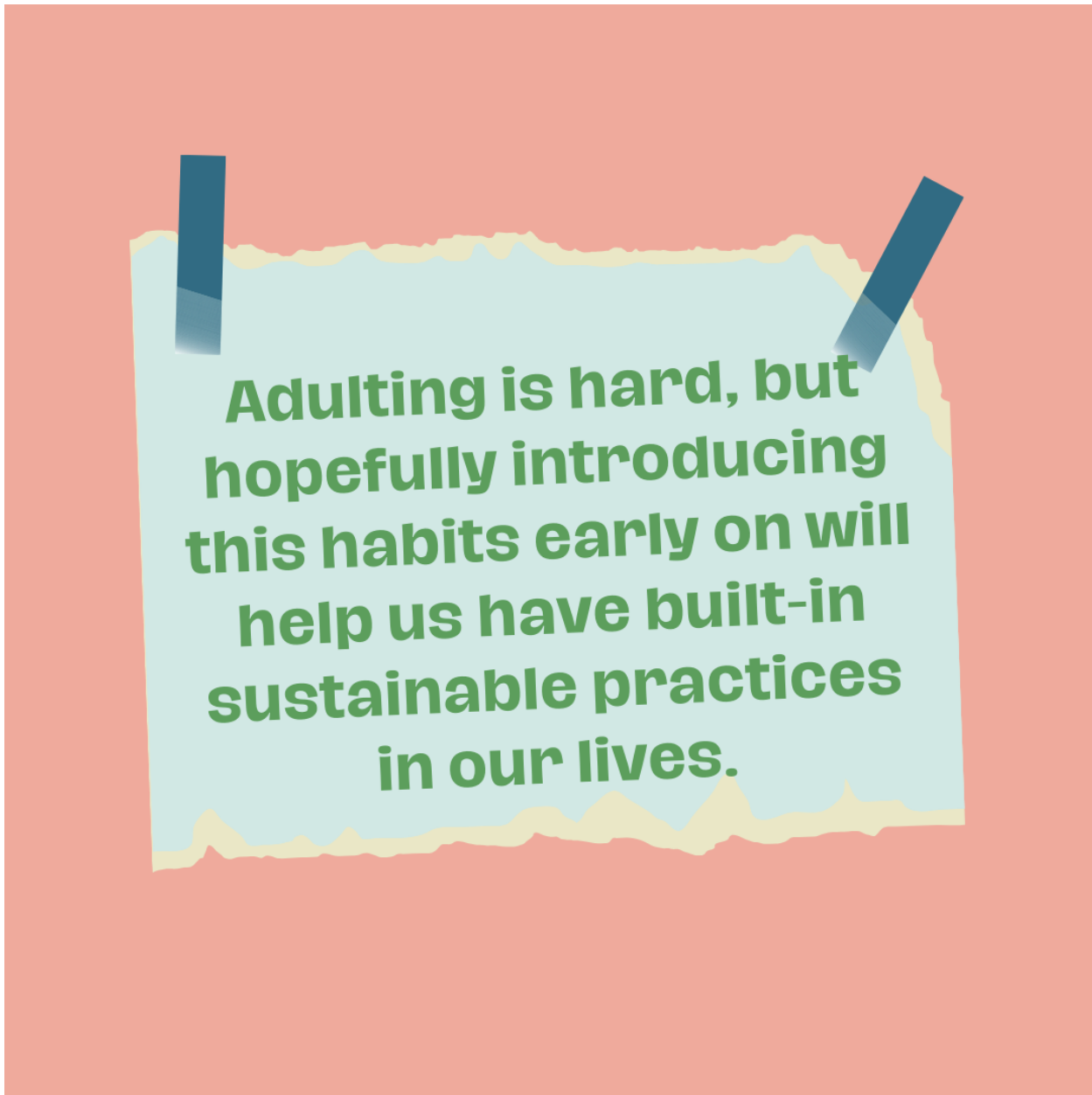
Buy only the fruits and vegetables you can consume in short periods of time



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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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## Helpful resources:



The screenshot shows the FoodPrint website interface. At the top left is the FoodPrint logo. The navigation menu includes: What is a FoodPrint?, Eating Sustainably, Issues, The Latest, Podcast, and Take Action. A yellow banner reads "FOODPRINT ISSUE". The main article title is "The Problem of Food Waste". Below the title is a short paragraph: "Almost half of our food is wasted in the United States. How does this happen? What can we do to solve our enormous food waste problem?". At the bottom of the article section are social media share icons for Facebook, Twitter, and Email, preceded by the word "SHARE:".