

Name: Brandi Johnson

Username: brandij95

School: California State University, Los Angeles

# FOOTPRINT

## **Which steps can you take to push back your personal overshoot date?**

The steps that I could take to push back my personal overshoot date are to cook my meals at home and only buy the food I need. This will reduce my food waste which could move the Earth's overshoot day further back. Also, if we cut the food waste by half across the nation, we could move the Earth's overshoot day by 13 days! That's a step in the right direction. Although I won't be able to move the date back by much by myself, I will be able to help other people with moving the date back. I can also be mindful of how I'm packaging my food, meaning instead of plastic containers I could package my food in tin containers. I have a bad habit of not eating all of my fruit and vegetables, so to improve this I will cut my fruit and veggies and store them in tin or glass containers, so I will be more prone to eating them.

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

I live in a single household, so my waste compared to a family's waste is quite low. However, I'm not proud of the waste I have in my household. As mentioned above, I talked about the measures I will take to prevent my food waste. I also will decrease my seafood intake. Although I'm a pescatarian, I can and will reduce the amount of seafood I eat which usually contributes to my food waste. I will also start shopping at farmer's markets rather than grocery stores to support locally-grown produce.

# 5 Small Acts With Big Impacts to Save Our Earth

1

## Use what you have!

Instead of buying new food to make a different meal everyday, use the food that is already in the home and make a meal with those ingredients .



2

## Shop Wisely

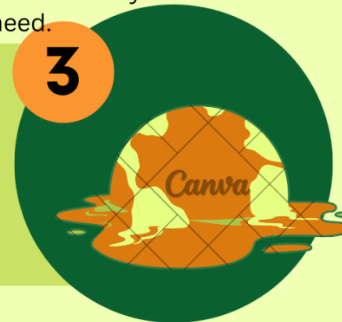
Buy less plastics and bring reusable shopping bags. Buy the food you need and only buy what you need.



3

## Conserve Water

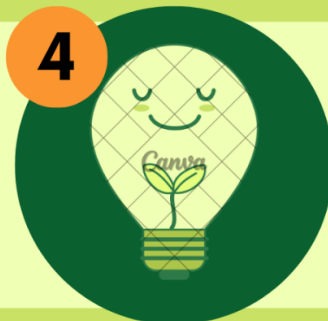
The less water you use, the less runoff and wastewater that eventually end up in the ocean.



4

## Grow own FOOD

Growing your own food can reduce the food waste in your home.



5

## Don't Throw Chemicals Into Waterways

Choose non-toxic chemicals in the home and office. Use biodegradable chemicals for daily needs.



