

## Day 2 Greener

### Global Footprint Network's steps →

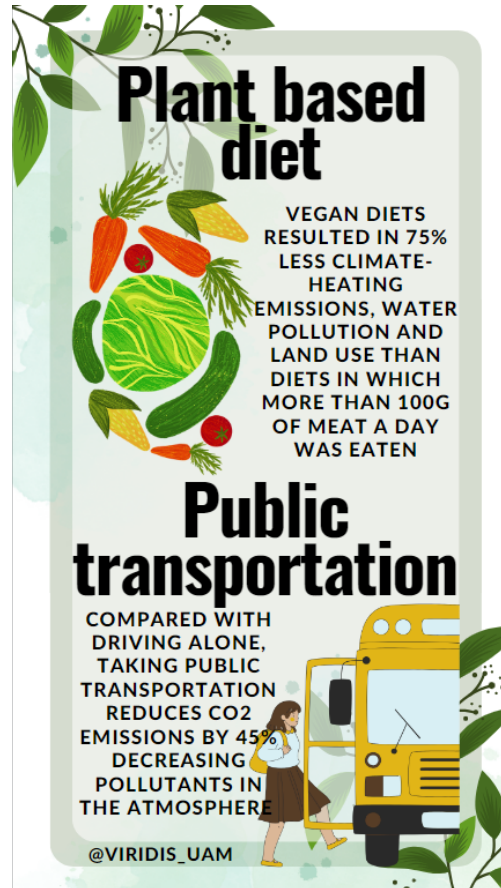
- **Which steps can you take to push back your personal overshoot date?**
  - Take advantage of public transportation and promote this habit in our culture to decrease the amount of carbon dioxide in the atmosphere.
  - Reducing the time we use when taking showers can help to decrease the amount of water by person.
- **What changes can you make (alongside those you live with) to reduce your footprint at home?**

First, we can start by having a MEATLESS day during the week, so we can use more calories from plants and reduce meat consumption in the state of Yucatán. At the same time we would be promoting a diet based on our local and national agricultural products from all over the country.

On the other hand, we can use the organic remains of our meals to make our own compost and promote composting in our student community by example, through our actions.

Regarding CO<sub>2</sub>, let's stop promoting individual transportation. Instead, we can bring our roommates, friends, classmates, etc. Although it may seem minimal, in the long term it would help reduce carbon dioxide in our countries and promote solidarity with the people in our community.

Infographic→



IG post ss→ @veridis\_uam

