



Learn how 2023's Earth Overshoot Day was determined.

Earth overshoot day marks the date when earth can no longer regenerate the ecological resources and services that humanity demands in a single year. In order to determine Earth overshoot day, Global Footprint Network calculates the planet's bio capacity divided by humanity's ecological footprint and multiplies it by the days in a year.



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



Reduce Meat Consumption:

By cutting down on meat consumption, we can push Earth's overshoot day back by 17 days, as producing one ton of beef requires fourteen times more land than producing the same amount of grain. Livestock contributes to 9% of global carbon emissions.



Embrace Carbon-Free Commuting:

Opting for carbon-free transportation methods such as walking or biking can significantly impact our personal overshoot dates. If we halve our current driving habits, Earth's overshoot day could be pushed back by 13 days, given that a single vehicle emits about 4.6 metric tons of CO₂ per year.



Promote Sustainability Conversations:

Engaging in conversations about sustainability and educating one another is vital. Spreading awareness about ways to reduce our individual overshoot dates can create a collective impact. Education and advocacy are powerful tools in pushing back our personal overshoot days and fostering a greener future for the planet.

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



Mindful Clothing Choices:

Being mindful about the clothes we buy and building a capsule wardrobe can significantly reduce our ecological footprint. Clothing constitutes 3% of the global ecological footprint. If everyone reduces clothing purchases, it would diminish the fashion industry's energy consumption and drastically decrease water usage, saving over 79 trillion liters of water annually.



Home Gardening:

Planting our own garden not only absorbs carbon dioxide from the atmosphere but also provides a sustainable source of fresh vegetables and fruits, reducing the need for store-bought produce. Home gardening promotes self-sufficiency and contributes to reducing our overall environmental impact.



Minimize Food Waste:

By becoming more conscious of our buying habits, portion sizes, and creative use of leftovers, we can significantly cut down on food waste. This practice not only saves food but also conserves land, water, and energy resources that would have been utilized for producing wasted food. Educating consumers about food waste, as per ReFED, can prevent 7.41 million tons of greenhouse gas emissions, making it a powerful step towards reducing our carbon footprint.





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50shadesofgreen_mx Day 2: FOOTPRINT
(green + greener challenge)

I pledge to reduce my carbon footprint by cutting down on meat consumption, opting for carbon-free commuting through walking or biking, promoting sustainability conversations, making mindful clothing choices, practicing home gardening, and minimizing food waste, all contributing to a greener future for our planet.

Calculate your carbon footprint:



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12 MINUTES AGO



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CAPTION:

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Calculate your carbon footprint:
<http://www.footprintcalculator.org/home/en>

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