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## ACTION PLAN - #MOVETHEDATE

### JULY 24, 2025 - EARTH OVERSHOOT DAY

Pushing back Earth Overshoot Day is crucial for ensuring a sustainable future for our planet.



### MY CHOICE FOR CHANGE

#### SUSTAINABLE FOOD

The individual action with highest impact on ecological footprint



### ACTION PLAN

#### AT HOME

- Vertical herb and vegetable garden
- 100% organic waste composting
- 70% reduction in food waste

70%

#### IN COMMUNITY

- Community garden in unused spaces
- Monthly sustainable cooking workshops
- Neighbourhood food swap program

50%

#### IN CONSUMPTION

- Local markets 2x per week
- Red meat reduced to 2x
- Bulk buying = less packaging

60%

### EXPECTED IMPACT 2025

30% reduction in food footprint

\$150 monthly savings

10 families inspired

### CALL TO ACTION

Join the movement

#MoveTheDate #SustainableFood  
#EarthOvershootDay

My personal overshoot date needs to change. In 2025, I will transform my routine to help push back Earth Overshoot Day. I'll start at home with a vertical herb garden and composting all organic waste. I'll cut food waste in half and switch to LED lighting, reducing our energy

consumption by 20%. In my community, I'll create a community garden in our neighborhood's unused space and organize monthly sustainable cooking workshops. For consumption, I'll prioritize local markets, reduce red meat to three days per week, and buy in bulk to eliminate unnecessary packaging. I expect to reduce my food footprint by 30%, cut between 1.5 and 2 tons of CO2 emissions per year, and save significantly while inspiring other families to join this movement. Earth Overshoot Day has been arriving earlier each year, but I believe our collective actions can change this. Let's live within our planet's limits. I challenge you to calculate your own ecological footprint and choose one change to implement this month. Every action counts when we work together. What will your first change be? #MoveTheDate #EarthOvershootDay #EcologicalFootprint

<https://www.instagram.com/p/DPWBJmXDS28/?igsh=aXljbjlneDltYzJk>