



Anáhuac
Mayab

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Earth Overshoot *Day*

July 24

2025

The day of the year when humanity's demand for ecological resources and services exceeds what Earth can regenerate in the year.

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How you could push back your personal overshoot date?

1. Lowering Your Foodprint

By reducing meat consumption, replacing it with a vegetarian diet and cutting food waste.

- **Plan Your Meals**
- **Store Food Correctly**
- **Embrace Leftovers**
- **Compost Food Scraps**



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2. Reduce your home's energy consumption

Or if possible, transition to renewable energy sources.

Most of our electricity is made by fossil fuels. By using less energy, we reduce our reliance on these resources.

- **Switch to Energy-Efficient Lighting**
- **Unplug "Vampire" Devices**
- **Adjust Thermostat Settings**
- **Wash Clothes in Cold Water**
- **Consider Community Solar or Personal Solar Panels**



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weare_greenupnow Earth Overshoot Day is the result of billions of individual choices. Every single person contributes to the date moving earlier and earlier, which also means that every single one of us has the power to push it back. Your choice to reduce food waste and lower your energy use is a single drop in a flowing river. On its own, it may not seem significant. But this is a problem that involve all of us, if we all move in the same direction it will create a powerful change. Don't underestimate the power of your choices. Every action you take, no matter how small, is a step towards a healthier planet. Be part of the change! @turninggreenorg #pgc2025 #movethedate less