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Day 2: Footprint

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Earth Overshoot Day

Earth Overshoot Day is the calculated calendar date on which humanity's resource consumption for the year exceeds Earth's capacity to regenerate those resources that year.

To determine Earth Overshoot Day of a given year, we calculate the ratio between Earth's biocapacity and its Ecological Footprint of that year by using the latest data.

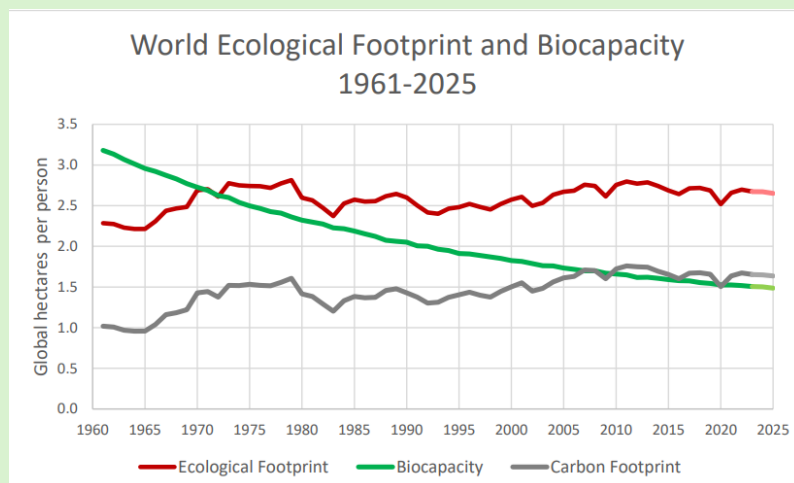
In 2025, Earth Overshoot Day falls on July 24th.

In 2024, the official Earth Overshoot Day was on August 1st, 8 days later than this year.

Timely estimates are needed by decision makers; therefore, nowcasting is needed to provide an estimate of where humanity's Ecological Footprint stands compared to the planet's biocapacity.

Nowcasting is distinct from forecasting. Nowcasting uses actual data associated with the nowcasted years. However, the National Footprint and Biocapacity Accounts are built on official UN datasets and this data comes with a time delay—the most recently reported UN data has a time lag of 3 to 4 years.

This delay may be too long for decision makers as these results may not reflect how their resource consumption and their decisions impacted the trends.



How do we #movethedate?

I chose to focus on changing our ways of shopping in an effort to move the date.

There are many important reasons for changing our ways of shopping. Thrifting is one of the many ways for us to divert our lifestyle to a more sustainable one; it's fun, it's cheaper, and it helps our environment—a catch!

Why should you thrift?

1. Less clothing in landfills: Most clothes are made from synthetic materials, which take hundreds of years to decompose in landfills. When you thrift, you help extend the life of clothing, which can reduce the volume of clothing sent to landfills each year.
2. Fewer wasted resources: Making clothes take a lot of water. Thrifting keeps clothing in use for longer, which can help limit wasted resources through decreased demand for new products.
3. Reduce chemical pollution: Most cotton used to make clothing is genetically modified, which means growing process is pesticide-intensive.


What are some alternatives for thrifting?

You can:



- Make a trade
- Alternative donations
- Repair and repurpose

Instagram link:

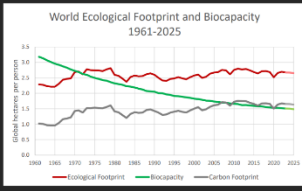
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EARTH OVERSHOOT DAY



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
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Sources:

<https://overshoot.footprintnetwork.org/content/uploads/2025/06/2025-Nowcast-explained.pdf>

<https://www.colorado.edu/ecenter/2023/12/15/sustainable-guide-thrifting>