

Project Green Challenge – Day 2 (Greener)

Submission

Name: AWUNGAFAC_ASONGU_DAY2GREENER_2025

Username: GREENVENTI

School: University of Buea, Cameroon

Reflection Report – Greener Challenge

Earth Overshoot Day 2025 falls on July 24. By this midyear date, humanity will already have consumed more natural resources than the Earth can regenerate in a full year. This reality is sobering: our lifestyles, even modest ones, are collectively stretching the planet beyond its limits. When I used the Global Footprint Calculator, I was struck by how early my own personal overshoot date arrived. The analysis revealed that food is the biggest driver of my footprint. This finding is both ironic and deeply personal. I come from a farming family in Lebialem, Southwest Cameroon, where food is not only a livelihood but also an identity. My parents cultivate the land, and I grew up seeing how farming sustains households and communities. Yet, the way food is produced, transported, packaged, and sometimes wasted also contributes heavily to ecological overshoot. This realization has shaped my commitment to helping #MoveTheDate. For me, the challenge is not abstract; it is woven into the daily rhythms of village and campus life.

My Action Steps to Push Back My Overshoot Date

- **Reduce Food Waste (Home & Village):** In my family, I will advocate for cooking smaller portions, preserving leftovers, and drying or processing surplus harvests so that nothing is wasted. By making full use of what we farm, we honor the land's effort and reduce unnecessary pressure on nature.
- **Eat More Local Produce (Village & University):** Instead of relying on imported and processed foods with heavy packaging and transport emissions, I will prioritize food from my parents' farm and nearby markets. At the University of Buea, I will encourage classmates to value local meals and understand how this choice supports both farmers and the planet.
- **Adopt a Plastic-Free Lifestyle (Community):** In Lebialem and Buea, I will commit to replacing single-use plastics with cloth bags and reusable bottles. Small changes in daily habits can inspire others, creating ripple effects across the community.
- **Lead a Campus Sustainability Drive (School):** I plan to start a peer-led initiative at the University of Buea where students calculate their own ecological footprints, reflect on their results, and share practical steps to reduce them. By sparking dialogue among young people, I can amplify awareness beyond my personal actions.
- **Tree Planting & Soil Care (Village):** As a farmer's son, I know the land gives back when we protect it. I aim to mobilize local youth in Lebialem to plant trees and care for degraded farmland. Trees not only store carbon but also restore fertility and preserve biodiversity.
- **Practice Energy Conservation (Home & Personal):** I will make a conscious effort to conserve energy by maximizing daylight, unplugging devices when not in use, and raising awareness of

energy efficiency. Even without access to large-scale renewable infrastructure, these small steps save resources.

• **Acknowledge My Digital Footprint (Schoolwork):** As a student, I rely heavily on digital tools for research. I will reduce unnecessary screen time, batch online research tasks, and download materials for offline study. By doing this, I lessen the hidden energy and water costs of data centers that power our online lives.

Conclusion

This challenge has taught me that living simply is not always equal to living sustainably. Even though I walk to school in Buea, and in my village most mobility is on foot or by motorcycle due to poor roads, my overall ecological demand is still heavy — equivalent to four planets if everyone lived like me. That truth is humbling. But it is also motivating. By making deliberate choices in food, waste, energy, and awareness, I can help push back my personal overshoot date and inspire others in my community to do the same. From the farmlands of Lebiam to the classrooms of Buea, I want my actions to reflect a deep respect for Earth — because the planet is precious, and everything we do truly matters.

Pushing Back Earth Overshoot Day 2025

Earth Overshoot Day 2025 falls on **July 24** — a stark reminder that humanity is consuming more than nature can regenerate. For me, reducing reporting, my Ecological Footprint, I started to calculating Ecological Footprint and resource use are my biggest drivers at home, school, and in community.



My Action Steps to Push Back My Overshoot Date:

Reduce Food Waste (Home): Cook smaller portions, preserve leftovers, and encourage my family to dry or process surplus harvest instead of letting it spoil.



Eat More Local Produce (Village & School):

Prioritize food from my parents' farm and nearby markets rather than processed imports, cutting down on packaging and transport emissions.



Plastic-Free Lifestyle (Community):

Replace single-use plastic bags and bottles with cloth bags and reusable bottles.



Campus Sustainability Drive (School): Start a peer-led campaign at University of Buea to educate students on calculating their own footprints.

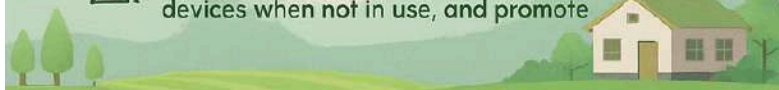


Tree Planting & Soil Care (Village): Mobilize youth in Lebiam to plant trees and restore degraded farmland, protecting biodiversity.



Energy Conservation (Personal & Home):

Use natural light whenever possible, unplugging devices when not in use, and promote



HOW I CAN #MOVETHEDATE

OVERSHOOT DAY 2025

July 24



I'm committing to pushing back Overshoot Day with these action steps:



Reduce food waste



Eat more local produce



Ditch single-use plastics



Plant trees in my village



Conserve energy at home



Conserve energy at home



Be mindful of my digital footprint



#PGC2025
#MoveTheDate

Global Footprint



Global
Footprint
Network®

MY STEP TO REDUCE MY FOOTPRINT



EARTH OVERSHOOT DAY

**AUG 1
2025**

WALK MORE, DRIVE LESS



By choosing to walk more,
I will cut down on fuel co-
nsumption and reduce my ecological footprint.

PROJECT GREEN CHALLENGE – DAY 2 (GREENER)

Reflection



EARTH OVERSHOOT DAY IS JULY 24

By midyear, humanity uses more resources than nature can renew.

My biggest **footprint driver** is **food**.

TO #MOVETHEDATE, I WILL:



Reduce food waste

Prioritize local produce

Small actions matter. By changing our habits, we can push back the date.

@TurningGreenOrg @GlobalFootprint
Network #PGC2025 #MoveTheDate

Small actions matter.

By changing our habits, we
can push back the date.



ECOLOGICAL FOOTPRINT

PGC25

SAVE MORE

USE LESS



HOW MANY PLANETS WOULD IT TAKE IF EVERYONE LIVED LIKE ME?

4 EARTHS



Business travel consumes significant

RESULTS

Your personal Earth Overshoot Day is:

01. Apr

If everyone lived like you, we would need

4 Earths



Why can't I get my Footprint score within the means of one planet?

[See Details](#)



WHAT IF I TOLD YOU THAT BY APRIL 1ST, I'VE
ALREADY BORROWED FROM FUTURE
GENERATIONS?

THE UNCOMFORTABLE TRUTH: MY DINNER PLATE
HAS A BIGGER CARBON FOOTPRINT THAN MY
TRANSPORTATION

Instagram Caption

Earth Overshoot Day 2025 is on July 24 🌍 — the day we consume more than nature can regenerate in a year.

My biggest footprint driver is food. That's why I commit to reducing food waste and choosing more local produce from my family's farm and my community.

By changing how we eat and value food, we can all help #MoveTheDate. 🌱

@TurningGreenOrg @GlobalFootprintNetwork #PGC2025 #MoveTheDate