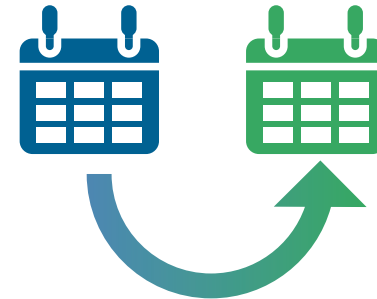


# HALF the Earth's biocapacity is used TO FEED US



**WE WOULD #MOVETHEDATE  
OF EARTH OVERSHOOT DAY**

**32 DAYS**



**IF WE**

- **prevent food loss and food waste**
- **prefer plant-based foods**
- **adopt agroecological and regenerative practices.**

**These contribute to healthy, sustainable, and affordable diets for all.**



**Global Footprint Network®**  
Advancing the Science of Sustainability

[www.footprintnetwork.org](http://www.footprintnetwork.org)



**EARTH  
OVERSHOOT  
DAY**

[www.overshootday.org](http://www.overshootday.org)



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