

MOVE THE DATE

We know it can be overwhelming to think about how your personal Footprint contributes to global overshoot. We invite you to explore steps you can take to help #MoveTheDate of Earth Overshoot Day and create a sustainable future!

Expand your cooking repertoire with new vegetarian recipes

It takes **14 times** as much biologically productive land to produce 1 ton of beef as it takes to produce 1 ton of grain.

If we reduced global meat consumption by 50% and used more calories from plants, we would move Overshoot Day **17 days**.

Learn to cook a new dish and enjoy its yummy-ness.



Curate a "capsule wardrobe" of your favorite tried and true clothing items

Clothing makes up **3%** of the global Ecological Footprint.



If we reduce our global clothing Footprint by 50% by avoiding fast fashion and buying used clothing when possible, we would #MoveTheDate by **4 days**.

Have fun and get creative while mixing and matching clothing from your minimalist collection.

Use forms of transportation that get your body moving

City planning can play a major role in shaping our need for cars. It matters because personal mobility makes up **17%** of humanity's carbon Footprint.

If we reduce our Footprint from driving by 50% around the world and assume one-third of car miles are replaced by public transportation and the rest by biking and walking, Earth Overshoot Day would move back **13 days**.

Get exercise during your commute and feel healthier without having to go to the gym.



Make room for nature in your life

Forest land provides **42%** of the world's total biocapacity.



Reforestation of 350 million hectares of forest would #MoveTheDate of Earth Overshoot Day by **8 days**.

Spending time in nature is good for your physical and mental health, and strengthens your connection to everything that it provides us.

Turn veggies that are past their prime into a delicious soup

9% of humanity's footprint is associated with food that is wasted.

If we cut food waste in half worldwide, we would #MoveTheDate of Earth Overshoot Day by **11 days**.

Keep your hard-earned money in your wallet instead of spending it on food that gets thrown away.



Volunteer with or donate to orgs that empower women and girls

Test the implications of fertility rates, age of mother, and mortality rates on future population sizes with our simple **downloadable population model**.

If every other family had one less child and motherhood was postponed by two years, by 2050 we would move Overshoot Day **49 days**.



Feel good knowing that your support is making a difference in the lives of women and girls around the world or in your community.

We hope these ideas inspire you to improve your personal sustainability and help #MoveTheDate while trying something new!