ECOLOGICAL FOOTPRINT?

WHAT IS YOUR

26% OF HUMANITY’S
ECOLOGICAL
FOOTPRINT MAKES UP

FOOD

1.7 TO SUPPORT IT TAKES
HUMANITY’S DEMAND ON NATURE

We use more ecological resources and services than nature can regenerate through overfishing, overharvesting forests, and emitting more carbon dioxide into the atmosphere than forests can sequester.

www.footprintnetwork.org www.overshootday.org www.barillacfn.com

DECREASE FOOD WASTE
INCREASE THE PROPORTION
OF CEREALS, VEGETABLES AND FRUITS

HOW?

ECOLOGICAL FOOTPRINT?

HOW MUCH DOES FOOD CONTRIBUTE TO YOUR ECOLOGICAL FOOTPRINT?

FOOD MAKES UP
26% OF HUMANITY’S ECOLOGICAL FOOTPRINT

ECOLOGICAL FOOTPRINT OF FOOD
TOTAL ECOLOGICAL FOOTPRINT

NORTH AMERICA
EUROPE
AFRICA
ASIA
LATIN AMERICA & CARIBBEAN
OCEANIA
WORLD

[global hectares per person]
0 1 2 3 4 5 6 7

MOVE DOWN THE PYRAMIDS TO #MOVETHEDATE

WHAT CAN WE DO TO REDUCE OUR FOOD FOOTPRINT?

The way we eat is a fundamental agent of change towards SUSTAINABILITY

FEED WASTE OR FEED THE HUNGRY?

= 4 times what it would take to feed the 15 million people suffering from hunger

1/3 of global food production is wasted

IF EVERYONE IN THE WORLD
• CONSUMED WORLD AVERAGE CALORIES
• REDUCED THE FOOTPRINT INTENSITY OF THEIR DIET, AND
• CUT FOOD WASTE IN HALF

we would #MoveTheDate of Earth Overshoot Day

38 DAYS

THE WAY WE EAT IS A FUNDAMENTAL AGENT OF CHANGE TOWARDS SUSTAINABILITY