

# **EARTH OVERSHOOT DAY ARRIVES EARLIER THAN EVER IN 2025**

On July 24, humanity will have used up an entire year's worth of Earth's resources. We're now consuming 80% faster than our planet can regenerate—equivalent to using 1.8 Earths. Keep scrolling to discover why this matters and what we can do about it.

# What Is Earth Overshoot Day?

Earth Overshoot Day marks the date when humanity's demand for ecological resources exceeds what Earth can regenerate in that year. From July 25 onward, we'll be living on ecological credit—depleting natural capital that won't be replenished.

1

## Resource Depletion

We're consuming resources 80% faster than the planet can renew them—like having 1.8 Earths when we only have one.

2

## Ecological Credit

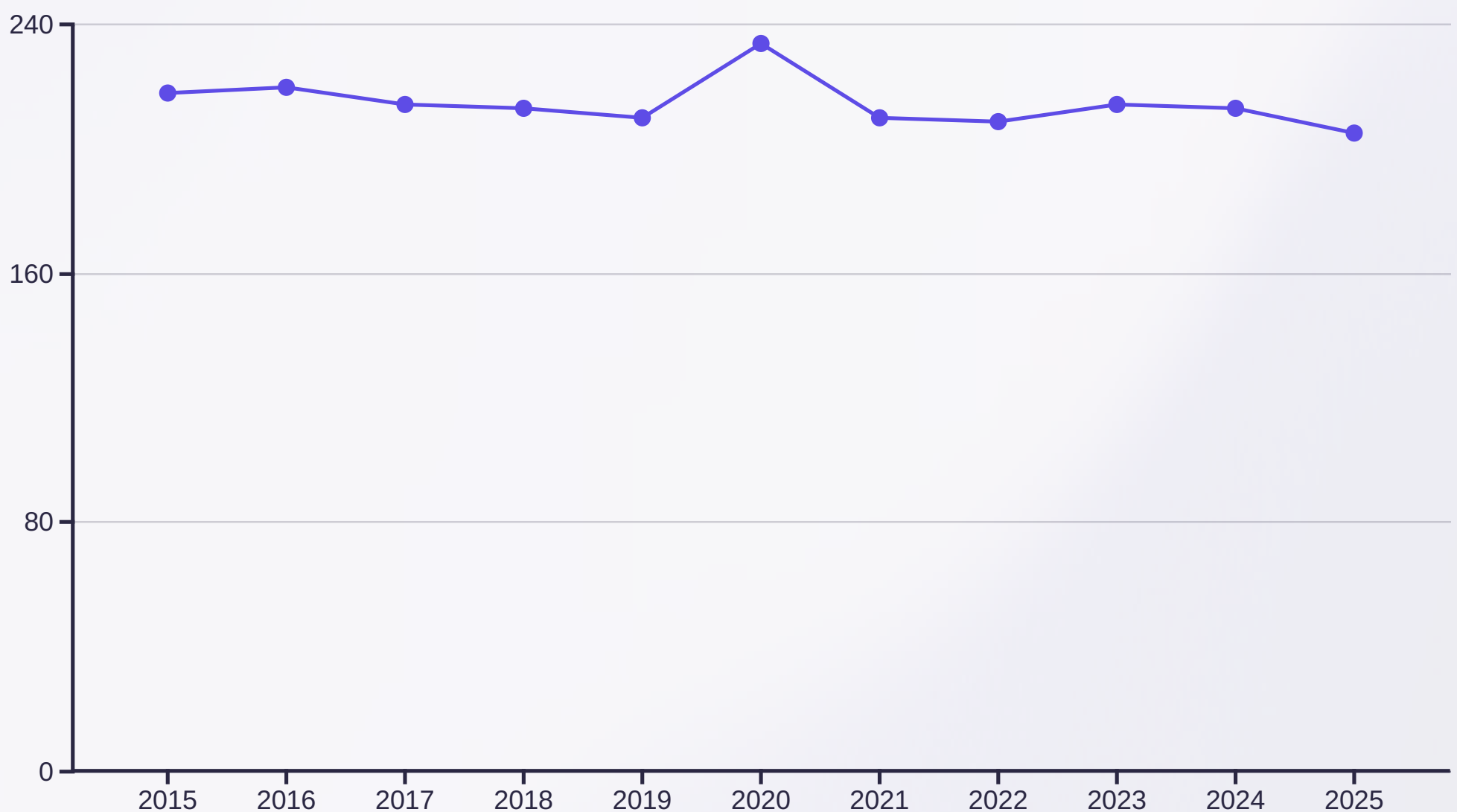
After July 24, we're borrowing from future generations by depleting water, soil, and forests that cannot be replenished in time.

3

## Growing Crisis

In 2025, Overshoot Day moved 8 days earlier than 2024, continuing a disturbing long-term trend toward earlier dates each year.

# The Accelerating Crisis: A Decade of Overshoot



Except for the temporary respite during the COVID-19 pandemic in 2020, which briefly pushed the date back to August 22, the overall trend is unequivocally clear: Earth Overshoot Day continues to accelerate, arriving earlier each year. For perspective, if everyone lived like the average French citizen, Overshoot Day would have occurred much earlier, on April 19.

# The Hidden Water Crisis Behind Overshoot

## 500L

### Daily Invisible Water

The average person in France uses 500 liters of "invisible water" daily—more than triple their visible consumption (140-150 liters).

## 250L

### Food Water Footprint

Half of our daily water footprint (250 liters) comes from food alone, often from water-stressed regions around the world.

## 60%

### Agricultural Use

Agricultural and food systems account for over 60% of freshwater use and more than half of France's national water footprint.

Many people think of water consumption as limited to what comes out of the tap. But our "invisible water footprint"—the water used to produce everything we consume—is far greater and contributes significantly to our ecological overshoot.

# The Water We Eat: How Food Choices Impact Overshoot

## High Water-Footprint Foods

- Beef production requires 15,000+ liters of water per kilogram
- Irrigated crops like maize are highly water-intensive
- Imported foods often come from water-stressed regions

## Lower Water-Footprint Options

- Plant-based proteins use significantly less water
- Locally grown seasonal produce reduces transport impacts
- Grass-fed livestock uses less irrigated feed crops

Our food choices have a direct impact on global water resources and contribute significantly to Earth Overshoot Day. The water used to produce our food often comes from regions already facing water scarcity, creating a hidden environmental impact.



# Solutions to Push Back Earth Overshoot Day



## Promote Agroecology

Support farming methods that work with natural systems, requiring fewer inputs and enhancing biodiversity while reducing water use.



## Shift to Plant-Based Diets

Reducing animal product consumption lowers water footprints while supporting better health outcomes and reducing greenhouse gas emissions.



## Support Extensive Farming

Choose grass-fed rather than grain-fed animal products to reduce the water used for irrigated feed crops like maize and soy.

As France and other countries face more frequent droughts, WWF and Global Footprint Network call for transforming our agricultural and food systems to build resilience and reduce resource consumption. Replacing water-intensive crops with more sustainable alternatives or natural grasslands is another key step.

A person wearing a blue long-sleeved shirt and white gardening gloves is shown from the chest down, planting a small green seedling into a mound of dark brown soil. The background is dark and out of focus, showing some foliage. The overall tone is serious and focused on environmental action.

# It's Time to Act: We Can Move Earth Overshoot Day

Earth Overshoot Day is a wake-up call. Each day we move the date is a victory for our planet and future generations. Through collective action and personal choices, we can reduce our ecological footprint and create a more sustainable future.

Our daily decisions about what we eat, how we travel, and what we buy all impact when Earth Overshoot Day falls. By making conscious choices, we can help push this critical date later in the calendar.

Share this post with someone who cares about our planet's future, and take one action today to reduce your ecological footprint. Together, we can [#MoveTheDate](#).