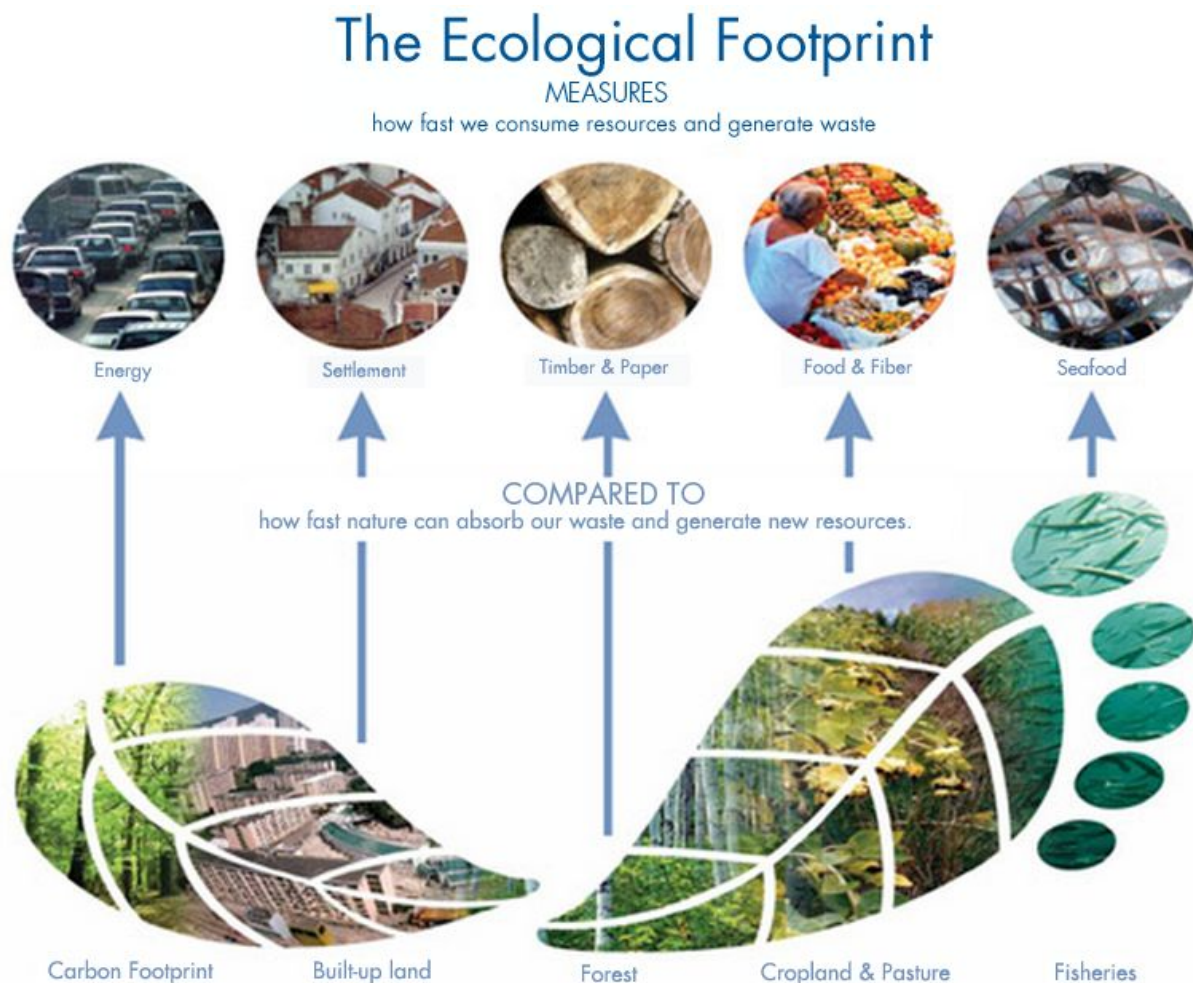


January Eco-Newsletter

What is Ecological Footprint?

Ecological Footprint measures the impact of a person or a community on the environment, and it is expressed as the amount of land used for resources consumption and waste absorption.

Major Components of land use:



Source: Global Footprint Network, 2017

Why is Ecological Footprint important to us?

Measuring the Ecological Footprint helps us determine whether if we are using our resources sustainably.

Each nation's Ecological Footprint is usually compared to the total productivity of the nation's cropland, grazing land, forest land, fishing grounds, and built-up land.

Today, in total, we use the equivalent of 1.6 Earths to provide the resources and to absorb our waste.

Overstepping Ourselves

As our Ecological Footprint continues to exceed Earth's biocapacity, we overdraw from our future.



Source: Global Footprint Network, Earth Overshoot Day, 2012

For more information, please check out the Global Footprint Network:

<https://www.footprintnetwork.org/>

So...What can we do to help the Earth?

First, start by measuring your personal Ecological Footprint. Use the link below to determine whether or not you are living a sustainable life!

<http://www.footprintcalculator.org/>

Reflect on following questions:

---What are the suggested changes of your lifestyle?

---Among all your consumption, which part consists of the majority of your ecological footprint? How can you reduce the consumption of this part of the resources?

Monthly challenges

***(Find one challenge that interests you and try to complete it!)**

- 1. Research about how to make recycled paper. If you are part of the green team or if you want to conduct simple experiments at home, can you try to make your own recycled paper?**

<http://eekwi.org/cool/paper.htm>

- 2. When is your personal Earth Overshoot Day indicated by the Ecological Footprint calculator? Think of one action you can do to delay your overshoot day!**

- 3. If you drive to and from school, can you try to take public transportations instead? If you are taking the public transportations, can you walk or bike to school more often?**

<http://www.walkbiketoschool.org/>

- 4. Pay attention to how much food you are wasting each day. Can you try to reduce your waste?**

<https://www.epa.gov/recycle/reducing-wasted-food-home>

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