

TIPS FOR A **GREENER** RAMADAN

"The world is green and delightful and Allah has made you a custodian over it and is observing carefully how you deal with it" (Hadith)

1 The month of Ramadan is a time to detox the mind, body and soul. Consider adding more natural foods to your diet, size down your portions, and avoid foods with a high sugar or sodium content.

2 Support your local and organic food market. Buying food that is produced closer to home reduces your carbon footprint, is more nutritious and preserves the agricultural landscape.

4 Make your own compost heap by adding your fruit and vegetable peels, crushed eggshells and tea bags as nutrients to your garden soil.

3 Choose eco-friendly food packaging. Steer clear of non-biodegradable styrofoam and plastic.

6 "Muslims will always earn the reward of charity for sowing a seed, planting a tree and then birds, humans and animals eat from it" (Bukhari). Use your free time during Ramadan to do some gardening or plant a tree, and teach your children how to care for it.

5 Make the best of leftovers. For example, it could be frozen to enjoy on another day. Fasting makes us feel compassion and empathy towards those less fortunate and we should be reminded not to waste.

7 Replace bottled water with tap water. It takes thrice as much water to make a plastic bottle than it does to fill it - and 450 to 1000 years to decompose.

8 The Prophet Muhammad (PBUH) used only two-thirds of a litre of water when performing wudu. Try to use the minimum amount of water when performing your wudu.

9 Ramadan is the month of the Quran. Switch off excess technology and spend more time reading the Quran.

Muslims for Eco-Justice is a pilot project of the Claremont Main Road Mosque in partnership with SAFCEI and the WWF Nedbank Green Trust. The project aims to build leadership capacity around environmental justice in faith communities and develop environmental education resources for children, youth, community leaders and Imams.



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