



Green Iftars: A How-to Guide

Ramadan 2010



**green
muslims**
IN THE DISTRICT



Green Iftars: A How-to Guide

Welcome!

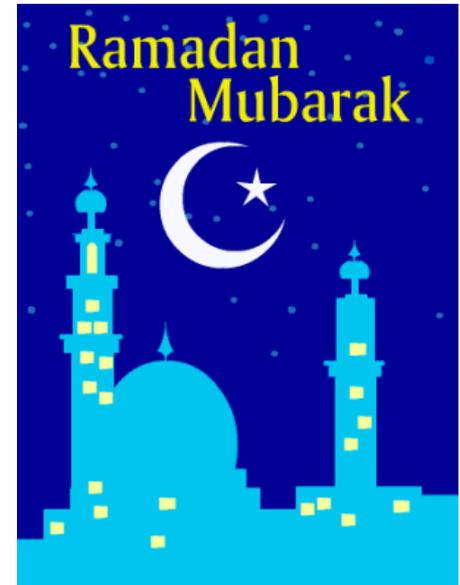
Assalaamu'alaykum---May Peace be upon you. As we welcome Ramadan in another year, many things are at the forefront of our consciousness. Ramadan is a time for spiritual reflection and growth, in more ways than one. It is also a time for self-improvement and refocusing our identities as Muslims.

Ramadan is also a time for celebration and a time for friendship. This holy month is a time when we gather at Mosques, homes, apartments, and everywhere in between for great companionship with our fellow Muslims after a long fast. We eat, talk, and celebrate as we break out fast at one of the many Iftars we attend throughout the month.

As Ramadan is a time for spiritual growth, so too is it a great time to reconnect to the trust, the Amana that God has given us in the form of the Earth and all that inhabit it. This Ramadan, the DC Green Muslims want to help everyone do just that, in the form of our environmental and ecological impact as we break fast and share Iftars together throughout this holy month.

Insha'Allah this guide seeks to help the Muslim community contribute to a greener, cleaner, healthier Iftar. In the form of a Zero Trash, No Waste "Green" Iftar! This guide seeks to give you just that help, with tips and strategies for a Zero Trash Iftar!

May this guide help you incorporate eco-conscious living in your everyday life and lead to a more eco-friendly Ramadan!
Ameen!





Step 1: The Mindset

Tips:

- Create a balance in your diet that does not take more than what you need from nature. It's better for both your body & the environment as well.
- Avoid excess in all things during the month. Food included! Ramadan should not be a month of gluttony and weight gain!
 - Wait 20 minutes before going for seconds.
 - Don't eat to your full.
 - You'll be healthier and have better control of your food portions
 - This will reduce food waste.
- Avoid buying groceries on an empty stomach, or take careful inventory of what food is needed to purchase.
 - You'll reduce your food waste if you can decrease spoilage. You'll also save money!

Islamic Inspiration:

- O Children of Adam! Wear your beautiful apparel at every time and place of prayer: eat and drink: But waste not by excess, for Allah loveth not the wasters. (31:5)
- On the authority of Al-Miqdaam ibn Maadiy-Karib who said: I heard the Messenger of Allah saying: "No human ever filled a vessel worse than the stomach. Sufficient for any son of Adam are some morsels to keep his back straight. But if it must be, then one third for his food, one third for his drink and one third for his breath."
- "Eat and drink, but do not be extravagant. Verily Allah does not love extravagant people." (7: 31)



Step 2: The Food

Tips:

- Buy local food for your Iftar!
 - Shop at a Farmers Market
 - Find one near you!¹
 - Support local farmers and ensure that your food
 - Preserves bio-system diversity and ecological stability.
- Buy food that is in season! (Even dates!)
 - It is more likely to be locally grown, cutting down on excessive transportation waste.
- Buy organic foods when possible!
 - Less chemicals for your body and the environment.
 - Minimal water, soil and air pollution from agricultural production!
- Don't just buy Zabiha meat, but Green Zabiha meat!²

Islamic Inspiration:

- The Prophet (pbuh) stated: “The benefit of a thing is in return for the liability that is attached to it.” Timidhi and Abu-Dawod on authority of Aisha.
- Thus partake of the lawful good things that God grants you as sustenance, and be conscious of God in whom you believe.
Quran 5:88



¹ <http://apps.ams.usda.gov/FarmersMarkets/>

² <http://www.greenzabiha.com/>



Step 2: The Food (cont..)

Tips:

- Keep meat consumption to a minimum:
 - Ex. Beef consumption on average produces 24 times more greenhouse gases than rice or vegetables.
- When purchasing meat, purchase free range and organic.
 - Animals are more likely to be treated in a fair and humane manner.
 - Environmental impact tends to be less (though still not great).
 - Healthier and less processed.

Islamic Inspiration

- It was narrated from Ibn 'Umar (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: "A woman entered Hell because of a cat which she tied up and did not feed, nor did she allow it to eat of the vermin of the earth."
- It was narrated from Jaabir ibn 'Abd-Allaah that a donkey whose face had been branded passed by the Prophet (peace and blessings of Allaah be upon him), and he said, "May Allaah curse the one who branded him."



Step 3. The Actual Iftar

Create a Zero Waste Environment!

Recycle, Reuse or compost **everything!**

Nothing thrown away!!!

- Tips:
 - Cut out disposable silverware and plates and cups.
 - Bring actual dishware and cups or mugs for people to use.
 - Or purchase biodegradable utensils and cups (least preferred).
 - Check with your local government and find what is recycled and if recycling facilities exist. (A few are listed below)³
 - Recycle ALL cans, bottles, glass, even disposable plastic ware sometimes.

Islamic Inspiration:

- “And when he turns away, he endeavors about the earth to corrupt in it and cause the tillage and stock to perish; and Allah (SWT) does not love corruption” (2:205)
- The Prophet (pbuh) declared, “The world is beautiful and verdant, and verily Allah (SWT) , be He exalted, has made you His stewards i n it, and He sees how you acquit yourselves.” (Muslim)

³ Alexandria: <http://alexandriava.gov/SolidWaste> Arlington: <http://www.arlingtonva.us/departments/EnvironmentalServices/swd/EnvironmentalServicesSwdRecycling.aspx> DC: www.recycle.dpw.dc.gov
Fairfax County: <http://www.fairfaxcounty.gov/living/recycling/> Montgomery County: <http://www.montgomerycountymd.gov/swstmpl.asp?url=/content/dep/solidwaste/index.asp>



Step 3. The Actual Iftar (cont...)

Create a Zero Waste Environment! Tips:

- Compost leftovers and unusable foods.
 - Build a compost bin! Even if you're in an apartment with limited space.⁴
 - Helps reduce pollution and the amount of waste going into landfills.
- For large amounts of unused foods, contact a shelter or food kitchen!⁵

Islamic Inspiration:

- “And when he turns away, he endeavors about the earth to corrupt in it and cause the tillage and stock to perish; and Allah (SWT) does not love corruption” (2:205)
- Believers! Do not nullify your acts of charity by stressing your benevolence and causing hurt as does he who spends his wealth only to be seen by men and does not believe in Allah and the Last Day. The example of his spending is that of a rock with a thin coating of earth upon it: when a heavy rain smites it, the earth is washed away, leaving the rock bare; such people derive no gain from their acts of charity. Allah does not set the deniers of the Truth on the right way. (2:262 - 264)

⁴ <http://planetgreen.discovery.com/home-garden/apartment-compost-guide.html>

⁵ http://www.dccentralkitchen.org/donate_food.php

Thank You!

May this help you incorporate an eco-consciousness for this Ramadan and beyond.

May your development of an eco-consciousness contribute to your development of a God-consciousness.

May your good deeds be accepted by God.

May this have brought you closer to Him.

Ameen!

Contact Info & Credits:

DC Green Muslims' Blog

<http://dgreenmuslims.blogspot.com/>

DC Green Muslims' Google Group

<http://groups.google.com/group/dgreenmuslims>

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