



Green Ramadan Guide

Although the following Divine principle should be a norm in our lives for all times it is especially pertinent the most during the month of Ramadan:

﴿يَبْنَىِٔ ءَاَدَمَ خُذُوْا زِيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوْا وَشَرِبُوْا وَّلَا

تُسْرِفُوْا اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ ﴿٣١﴾

..Eat and Drink but do not waste. Allah does not like those who waste. (Qur'an 7:31)

In addition to [other resources](#), we are pleased to introduce this page with some suggestions to make our Ramadan green. If you find this helpful, please let us know and we will also be eager to learn of your green ideas and greener experiences this Ramadan.

DO NOT USE	RECOMMENDED USE	ADDITIONAL INFO
		Green Ramadan Guide Guide to a Green Iftar
		Establish a Green Team
Styrofoam cups, plates, etc.	100% recycled paper cups, plates or BPA and melamine free plastic materials	Dangers of Styrofoam
Dates grown in Occupied Palestine	Medjooldates.com Oasisdate.com SheildsDateGarden	Occupation Free Dates Resources
Cars to Taraweeh	Bike or Walk	Biking vs Driving Calculator Benefits of Walking
Water bottles	Tap water in your BPA-free Water Bottle	Why Tap Water is Better than Bottled Water



DO NOT USE	RECOMMENDED USE	ADDITIONAL INFO
Paper Napkins or Tissue Paper	Handkerchief	Tissues vs Hankies
Non-Fair Trade Tea, Coffee, etc.	Fair Trade Tea , Coffee , etc.	
Trash Cans	Recycle Bins Composting	What can be recycled Composting Iftar leftovers Turning Waste into Black Gold Reduce, Reuse and Recycle
Conventional Air Fresheners		Safe Air Freshener Guide Natural Incense Agarwood
Perfumes w/chemicals (Synthetic Fragrances)	Natural fragrances	Dangers of Synthetic Fragrance
	Eco-friendly Eid Gifts	
Eid Party	Eco-Party	Eco Party Guide
Additional Resources	The Spirituality and Ethics of Food Fasting, Materialism and Time Management	